

# GROWING LEAPS AND BOUNDS<sup>®</sup>

SERIES: 1 OF 12



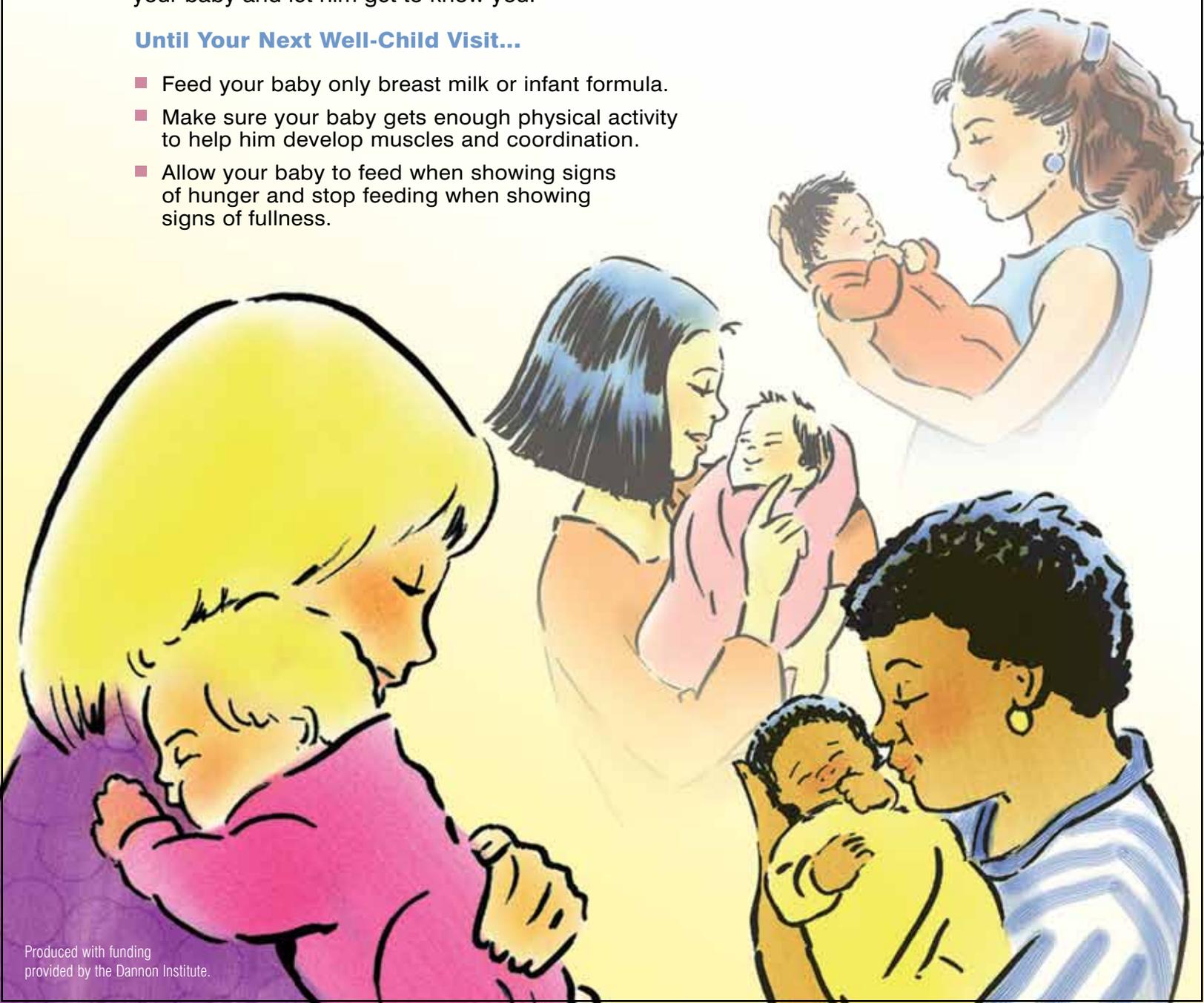
A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS

## HEALTHY BEGINNINGS FOR BABY

Wow! Isn't your baby incredible? No doubt you're a bit nervous about caring for him; that's perfectly normal. This is the time to get to know your baby and let him get to know you.

### Until Your Next Well-Child Visit...

- Feed your baby only breast milk or infant formula.
- Make sure your baby gets enough physical activity to help him develop muscles and coordination.
- Allow your baby to feed when showing signs of hunger and stop feeding when showing signs of fullness.



# Breast-feeding Tips

Feeding  
Basics

Bottle-Feeding  
Tips

Child's  
Play

Parent's  
Corner

- 1 Breast-feeding offers many health benefits to your baby and is well worth the extra effort in the first few weeks.
- 2 Breast-feed your baby every two to three hours, even at night, and avoid going more than about four hours without feeding. Your baby will feed a total of eight to twelve times in 24 hours. Bigger babies may need less frequent feedings.
- 3 Feed your baby in a quiet and comfortable spot and try to relax before beginning feeding to help milk “let down.” Get into a routine to help feeding go smoothly.
- 4 Start with one side and have your baby empty the first breast before moving to the second. Allow your baby to feed from each breast, for a total feeding time of 20 to 45 minutes. Alternate the first breast offered at the next feeding.
- 5 Stop feeding when your baby loses interest, turns his head away from the nipple, or closes his lips to block feeding.
- 6 If you miss a feeding, use a breast pump to keep your milk supply up. Ask the hospital, a lactation consultant, or your baby’s doctor’s office for a pump recommendation.
- 7 Store breast milk in small plastic bags or containers made for this purpose and refrigerate for up to 48 hours or freeze for up to four months. Label each bag with the date. To defrost, place the closed bag(s) in a container of room temperature water or run under hot water. Never microwave – hot spots in the liquid can cause burns and destroy valuable nutrients found in the breast milk.
- 8 Encourage your partner to spend time with you and the baby during feeding and to hold the baby after feeding to promote bonding.
- 9 Talk to your doctor about medications and foods to avoid while breast-feeding.
- 10 Breast-feeding helps you bond with your baby. It helps take weight off, too!

If you have any questions about or problems with breast-feeding, talk to someone at your baby’s doctor’s office or ask for a referral to a lactation consultant.



**AT THIS AGE, YOUR BABY'S MENU IS VERY LIMITED – JUST BREAST MILK OR FORMULA – BECAUSE HER STOMACH AND DIGESTIVE SYSTEM ARE NOT YET READY FOR ANY OTHER FOOD. HERE'S SOME USEFUL FEEDING INFORMATION:**

- Feed your baby in a quiet and comfortable spot. Get into a routine to help feeding go smoothly.
- If your baby is fussy before feeding, calm her by rocking or stroking her, humming, or rubbing her back gently. However, keep her alert during feedings so she does not fall asleep.
- Support your baby's body and head while feeding to make it easier for her to eat.
- Allow your baby to stop feeding when she loses interest and stops sucking – she may be full. Babies are very good at regulating how much food they eat. By responding to her signals, you are helping her listen to her appetite.
- Burp your baby whenever she starts getting fussy, and then at the end of feeding. She may need more frequent burping if she spits up often.
- Learn to tell the difference between ordinary baby spitting or dribbling of small amounts of breast milk or formula mixed with saliva and vomiting large amounts.
- Avoid jiggling and bouncing during and shortly after feeding. Too much movement may cause your baby to spit up.



### BONDING WITH YOUR BABY

Parent-baby bonding builds confidence – you become more relaxed as you get to know your baby, and she feels safe and secure.

Your baby needs lots of attention. Swaddle her, stroke her during non-feeding times, and play with objects that develop her senses of touch, sight and hearing.

Listen to her different cries and get to know her needs. This makes your baby feel secure and teaches her that her needs will be met. Holding her close so that she can see your eyes encourages bonding. And always look at your baby during feedings.

## ASK YOUR BABY'S DOCTOR FOR A FORMULA RECOMMENDATION AND CHECK WITH HIM OR HER BEFORE MAKING ANY CHANGES.

Ready-to-use formula is most expensive, followed by concentrate and then powder. All are nutritionally similar – the one you use is your choice. Try different nipple and bottle shapes to find the ones that work best for your baby.

- Use commercial, iron-fortified infant formula. Homemade formulas may not supply the nutrition your baby needs.
- Wash your hands before preparing formula; clean the preparation area; and scrub reusable bottles and nipples with hot soapy water or wash in the dishwasher.
- Immediately cover and refrigerate open containers of formula. Most formula needs to be used within 48 hours of preparation or opening the container.
- Follow the preparation directions on your formula container and do not add too much or too little water. Mixing formula correctly is very important to the health of your baby.
- Avoid heating bottles in microwave ovens. Hot spots in the formula can burn your baby's mouth. Instead, warm the formula in a container or pot of warm water. Check the temperature by letting a couple of drops fall on the inside of your wrist.
- Never prop up the bottle; always hold the bottle and your baby when feeding.
- Stop feeding when your baby loses interest, turns her head away from the nipple, or closes her lips to block feeding.
- Do not save leftover formula from the bottle; it may make your baby sick.
- Offer up to two extra ounces if your baby is still hungry after drinking the first bottle. Don't worry if your baby doesn't finish the bottle.



### Diaper Check!

It's important to monitor your baby's diapers – a diaper check is one of the only ways to make sure that she is eating enough. Expect babies to wet their diapers at least six times daily. Frequency and color of bowel movements vary greatly, so get to know what is "normal" for your baby. Contact your baby's doctor if your baby appears to be in pain or having trouble with bowel movements.

**YOU MAY BE SURPRISED THAT BABIES NEED PHYSICAL ACTIVITY FROM THE FIRST DAY OF THEIR LIVES TO HELP DEVELOP MUSCLES AND COORDINATION.**

While you were pregnant, your baby was physically stimulated every time you moved around. Now you need to make sure your baby continues to be physically stimulated every day to help him develop his muscles and coordination.

- Place your baby on his tummy and gently rub his back several times during the day. "Tummy time" exercises muscles and helps prevent a flat spot from developing at the back of your baby's head.
- Give him your finger to grab; he may even pull it toward his mouth.
- Play with age-appropriate toys that are black, red, and white; these are the colors he can see.
- Stay with your baby during playtimes.



**It's difficult to know what your baby is trying to communicate. Many of his cries sound similar and his movements can be confusing. Pay close attention and you will begin to hear and see differences.**

- Cries and fusses during feeding – he is in an uncomfortable feeding position; he needs to be burped; he is full; the bottle nipple is overly firm or has too large or small of an opening; or he is distracted by noises in the room.
- Puts hand to his mouth, turns his head side to side and searches for a nipple – he may be hungry or needs to comfort himself by sucking.
- Turns his head away, tightens his lips, fusses and is distracted from feeding – is full and ready to stop feeding.

### A FEW WORDS ABOUT FEEDING SAFETY

Remind family members and sitters to wash their hands with soap and water before feeding the baby.

Boil tap water for one minute and allow it to cool before adding it to formula concentrate or powder.

If you use well water to prepare formula, have the water checked for nitrate content. High levels of nitrates can be harmful to a baby's red blood cells.



## BABY-PROOF YOUR DIET

With all the excitement of your new baby, it's easy to overlook the importance of taking care of yourself. You may not be able to catch up on your sleep for another few months, but you can try to eat healthy now!

- Remember, if you're breast-feeding, you're eating for yourself and for your baby.
- Eat sensibly and talk to your doctor about supplemental vitamins you might need.
- Drink plenty of water and nutritious beverages like milk and 100% juice.
- Go easy on soft drinks, sweetened beverages, alcohol, and snacks and desserts with little or no nutritional value.
- Eat nutritious snacks like fruit and yogurt – it's never too soon to begin setting a good example for your baby
- Avoid alcohol if you are breast-feeding because it is absorbed in breast milk. If you do have a drink, do not breast-feed for 2 hours.



## HELPFUL HINTS

- Your baby is too young to have a steady routine and may eat and sleep a lot on some days and less on others.
- Ask adult family members to help with bathing and diapering. Not only do you need the break, it's a great way for them to bond with the baby



Always talk with your baby's doctor when you have questions about your baby's growth, development, and overall health. Ask which situations should prompt an immediate phone call, a visit to the office, or a trip to the emergency room.

The Dannon Institute is a non-profit foundation dedicated to promoting research, education, and communication about the link between nutrition and good health. "Growing Leaps and Bounds™" was created to help build a solid foundation of healthy eating and activity for your child, now and for the future. The Dannon Institute is supported by The Dannon Company, Inc.

Special thanks to the following professionals for their contributions: *Johanna Dwyer, D.Dc., R.D.*, Friedman School of Nutrition Science and Policy and School of Medicine, Tufts University, and Frances Stern Nutrition Center, Tufts-New England Medical Center, Jean Mayer USDA Human Nutrition Research Center at Tufts University; *Susan Johnson, Ph.D.*, University of Colorado Denver; *Allen Levine, Ph.D.*, University of Minnesota; *Barbara Schneeman, Ph.D.*, University of California at Davis; *Virginia A. Stallings, M.D.*, The Children's Hospital of Philadelphia and University of Pennsylvania; *Lori Stark, Ph.D., A.B.P.P.*, Cincinnati Children's Hospital Medical Center/University of Cincinnati College of Medicine; *Margarita Treuth, Ph.D.*, University of Maryland Eastern Shore.



**DANNON INSTITUTE®**  
Nutrition for Health

[www.dannon-institute.org](http://www.dannon-institute.org)