



ATHENS PEDIATRICS, PLLC

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FEEDING YOUR BABY

- 1. BREASTFEEDING: Congratulations on deciding to breastfeed your baby!** Breast milk provides optimal nutrition for your infant and boosts his or her immunity. Breastfeeding infants often feed **every 2 hours** initially. Watch for hunger cues such as rooting movements with the mouth, tightening hands, and light crying. When your infant starts to exhibit hunger cues, try to get a **deep latch**. If the initial latch hurts, break the suction with your finger, reposition, and attempt to latch deeper with more areola in the infant's mouth. Breastfeeding mothers should focus on staying hydrated, eating a diet rich in nutritious foods, and getting rest when the infant sleeps. Additionally, the American Academy of Pediatrics recommends that breastfed infants be supplemented with **400 IU of Vitamin D daily**. This vitamin can be purchased at most retail stores or at a local pharmacy. Breastfeeding mothers should discuss all medications with the infant's provider prior to taking them as they will transfer through the breastmilk.
- 2. BOTTLE FEEDING:** There are many nutritious options available for formula feeding today's infants. Most infants will do well on the standard newborn formula for example: Similac Advanced or Enfamil Infant. However, some infants may have a degree of intolerance to this formula and will be gassy and fussy. Please discuss these symptoms with your provider so that another formula can be recommended. **It is EXTREMELY important that you closely follow the mixing instructions for the formula you choose.** It is dangerous for your infant if the formula is diluted by adding too much water or if it is concentrated by adding too little water. Formula may be mixed with **safe water** such as nursery water purchased from the store or clean city water. If you are unsure of the safety of your water, you can boil the water for 1 minute and allow it to cool for up to 30 minutes prior to use. **Formula fed newborns will usually eat every 2-3 hours.** More specific information regarding safe preparation of formula can be found by searching "FORMULA PREPARATION" at <https://www.healthychildren.org>.