



NEWBORN – 3 MONTHS

Help Your Baby Learn Healthy Eating

Breast milk is the best food for babies. When breast milk is not available use infant formula with iron until he is 1 year old.

Hold your baby while you feed him. This is a special time for both of you. Propping a bottle can cause choking, overfeeding, and ear infections. Put your baby to bed without a bottle. He will learn how to fall asleep without one.

How much should your baby drink? Let him decide! He will learn to eat when he is hungry and stop when he is full.

Never put anything but breast milk or formula in a bottle unless the baby's doctor says you should.



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Your baby may be hungry if he:

- Starts to suck on his hands or fingers
- Turns his head toward breast or bottle and opens his mouth
- Fusses or cries (although babies cry for reasons other than hunger)

Your baby might be full if he:

- Turns his head away from breast or bottle
- Stops sucking
- Closes his mouth

Your baby is not ready for solid foods yet. Breast milk or formula is the only food your baby needs for the first 6 months.



Adapted from American Academy of Pediatrics www.HealthyChildren.org

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