



## Creating a Positive Feeding Relationship

A positive feeding relationship begins as soon as your infant is born. By giving cues, infants are able to show you when they are hungry and full. Watching and responding early to your infant's hunger and fullness cues builds a foundation for healthy development and eating – it can prevent some crying too.

	Hunger Cues	Fullness Cues
Birth - 3 Months	<ul style="list-style-type: none"> <li>• Opens and closes mouth</li> <li>• Brings hands to face</li> <li>• Flexes arms and legs</li> <li>• Roots for the nipple</li> <li>• Makes sucking noises and motions</li> <li>• Sucks on lips, hands, fingers, toes, toys, clothing</li> </ul>	<ul style="list-style-type: none"> <li>• Slows, decreases, or stops sucking</li> <li>• Extends arms and legs</li> <li>• Extends/relaxes fingers</li> <li>• Pushes/arches away</li> <li>• Falls asleep</li> <li>• Turns head away from nipple</li> </ul>
4-7 Months	<ul style="list-style-type: none"> <li>• Smiles, gazes, or coos at caregiver to indicate wanting more</li> <li>• Moves head toward spoon and tries to swipe food toward mouth</li> </ul>	<ul style="list-style-type: none"> <li>• Releases the nipple</li> <li>• Seals lips together</li> <li>• Distracted by/pays attention to surroundings more than eating</li> <li>• Turns head away</li> </ul>
8-12 Months	<ul style="list-style-type: none"> <li>• Reaches for spoon or food</li> <li>• Points to food</li> <li>• Gets excited when food is in sight</li> <li>• Shows interest in specific foods with words or sounds</li> </ul>	<ul style="list-style-type: none"> <li>• Eating slows down</li> <li>• Clenches mouth shut</li> <li>• Pushes food away</li> <li>• Shakes head to say “no more”</li> </ul>

## The Feeding Environment

### Infants 0-6 Months:

- Create a comfortable environment and feed when your infant shows signs of hunger
- Always hold your infant and show lots of love, attention, and eye contact during feeding
- Avoid distractions such as cell phones, tv, or computers

### Infants 6-12 Months:

- Create a relaxing environment, free from distractions
- Bring your infant to the family dinner table and talk to him/her while eating
- Be an example for your infant by practicing good eating habits in front of him/her



# A Guide to Feeding Your Infant

	Human Milk or Iron Fortified Infant Formula	Infant Cereal and Whole Grains	Vegetables	Fruits	Protein Rich Foods
<b>Birth – 6 Months</b>	<p><b>Human Milk:</b> 8-12+ feedings</p> <p><b>Infant Formula:</b> 2-3 oz. every 2-3 hours; by 6 months 32 oz./day</p>	<p>The introduction of complimentary food begins around 6 months. Developmental milestones that indicate your infant may be ready for complimentary foods include:</p> <ul style="list-style-type: none"> <li>-Holding head and neck steady</li> <li>-Sitting up, alone or with support</li> <li>-Bringing objects to mouth</li> <li>-Opening mouth when shown food</li> <li>-Trying to grasp small objects (toys, food)</li> <li>-Transferring food from front to back of mouth and swallowing</li> </ul>			
<b>6 – 8 Months</b>	<p><b>Human Milk:</b> Continue to feed on demand</p> <p><b>Infant Formula:</b> 24-32+ oz./day</p> <p>*Amounts will vary as complimentary food is introduced</p>	<p>Iron fortified infant cereal mixed with breast milk or infant formula, toasted whole wheat bread, small pieces of crackers – about 1 – 2 oz.</p>	<p>Variety of plain strained, pureed or mashed cooked vegetables – about 2 – 4 oz.</p>	<p>Variety of plain strained, pureed, or mashed fruits – about 2 – 4 oz.</p>	<p>Variety of meat, poultry, fish, eggs, cheese, yogurt, or legumes: all plain, strained, or mashed – about 1 – 2 oz.</p>
<p>Introduce one new, single-ingredient food at a time. Gradually increase the variety of foods with your infant's age. By 7 to 8 months, your infant should be consuming a variety of food groups along with human milk or infant formula each day.</p>					
<b>8 - 12 Months</b>	<p><b>Human Milk:</b> Continue to feed on demand</p> <p><b>Infant Formula:</b> About 24 oz./day</p>	<p>Iron-fortified infant cereal; variety of cooked whole grains such as whole wheat pasta, brown rice, toasted whole wheat bread– about 2 – 4 oz.</p>	<p>Variety of plain ground, finely chopped, or diced cooked vegetables – about 4 – 6 oz.</p>	<p>Variety of plain ground, finely chopped, or diced soft fruits – about 4 – 6 oz.</p>	<p>Variety of meat, poultry, fish, eggs, cheese, yogurt, or legumes: all ground, finely chopped, or diced – about 2 - 4oz.</p>
<b>Notes</b>	<p>Offer expressed human milk, infant formula, or water in an open-top cup at 6 months</p> <p>Avoid cow's milk, goat's milk, soy milk and nut milk until age 1</p>	<p>Never put infant cereal in a bottle</p> <p>Avoid honey</p> <p>Avoid plain wheat germ, whole grain kernels, crackers or breads with seeds/nut pieces, pretzels, popcorn</p>	<p>Do not add salt or sugar</p> <p>Avoid small pieces of raw vegetables like carrots, string beans, celery</p> <p>Avoid large, hard pieces of uncooked dried vegetables, raw green peas, cooked or uncooked whole corn kernels</p>	<p>Do not add sugar</p> <p>Avoid fruit juice</p> <p>Avoid whole grapes, cherries, berries, melon balls, grape/cherry tomatoes</p> <p>Avoid raw apples, orange segments, fruit with seeds or pits, uncooked dried fruit, whole pieces of canned fruit</p>	<p>Do not add salt</p> <p>Avoid fried and processed meats</p> <p>Avoid tough or large chunks of meat, hot dogs/meat sticks/sausages cut into round slices, fish with bones</p> <p>Avoid large chunks of cheese, nuts/seeds, spoonfuls of nut or seed butters, whole beans</p>

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