

newborn

Child's name _____

Height _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

How is breastfeeding going?

How many times per day is your baby eating?

*How do you tell when your baby is hungry;
when your baby is full?*

Feeding Advice

- **Breastfeeding is highly recommended.**
The best food for your baby is breastmilk.
- If you use formula, make sure it is iron-fortified.
- Expect to feed your newborn every 2-3 hours.
- Babies will take different amounts of breastmilk or formula at each feeding.
It's acceptable if your baby does not finish his or her bottle at each feeding.
- Your baby knows how much breastmilk or formula to take. When he or she releases the nipple and turns attention to other things, or falls asleep, he or she is full.
- Not all crying means hunger, sometimes babies have a fussy time, this is normal. Comfort your baby by rocking, massage, cuddling or playing music.
- Always hold your baby at feeding times – this makes your baby feel loved and secure.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

Be Active

- Limit time in swings and infant seats.
- Use crib mobiles.
- Encourage kicking, stretching and belly play time.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:



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