

Do you sometimes feel unsure about what I need? It takes time for us to learn about each other.

There are some things you need to know.



SUPPLEMENTAL NUTRITION PROGRAM
FOR WOMEN, INFANTS AND CHILDREN

**For more information, call the
Idaho CareLine: 2-1-1 or 1-800-926-2588.**

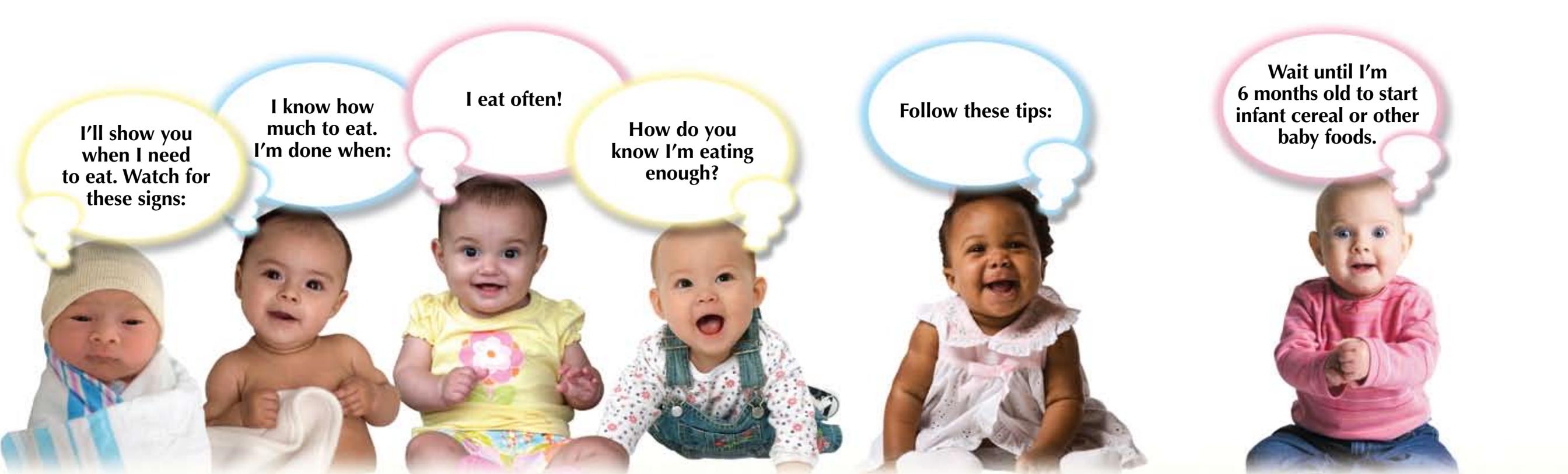
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Birth through
five months



I'll show you when I need to eat. Watch for these signs:

I know how much to eat. I'm done when:

I eat often!

How do you know I'm eating enough?

Follow these tips:

Wait until I'm 6 months old to start infant cereal or other baby foods.

- I move my head, open my mouth.
- I move my lips, make smacking sounds.
- I put my hands, fists or fingers in my mouth.
- I begin to fuss.
- Feed me before I start to cry — we'll both be happier!

- I let go of the nipple or stop sucking.
- I open my fists and look relaxed or sleepy.
- I turn my head away.
- I close my mouth tightly.
- If I'm done, please don't try to feed me more.

- **Birth through 3 months** I need to eat about 8 to 12 times or more in 24 hours.
- **4 through 5 months** I need to eat about 6 to 8 times or more in 24 hours.
- I may eat even more often during growth spurts!

- I wet 6 or more diapers a day.
- My health care provider says I'm gaining weight and growing well.
- You've fed me what I need
 - I only need to drink breast milk or iron fortified formula.
 - Avoid giving me juice, cow's milk or other beverages — they're not nutritious enough for me.
 - Adding extra water or other liquids could make me sick or cause me to grow poorly.

- Please wash your hands before feeding me. Germs can make me sick.
- If you need a breast pump, tell WIC to see how they can help.
- If you feed me formula, follow the instructions on the can. Do not dilute formula with extra water; it could make me seriously ill or worse.
- Warm bottles in hot water. Heating bottles in a microwave oven is dangerous because it could burn my mouth.
- Throw away what is left in the bottle when I'm

- done. It could make me sick if I drink it later.
- Sometimes I'll spit up, be gassy, or strain when having a bowel movement. I will do this less as I grow. You can help me by:
 - Stopping feeding at the first sign of fullness.
 - Burping me after feeding.
- Please hold me when you feed me.
- Cuddle me; it calms me.
- Carry me and play with me often.

People may tell you I need food sooner, but it will be better if we wait. Giving me food too early may cause:

- Allergies
- Diarrhea or constipation
- Choking
- Too much weight gain
- Upset stomach

Please don't put cereal in my bottle.

Are you breastfeeding me? Please keep breastfeeding me until my first birthday or longer.

Breastfeeding provides many advantages for my health and development.