



Feeding your baby

From birth to 24 months



**A guide to breastfeeding, bottle-feeding
and introducing solid foods**

If you are breastfeeding

- Breastfeeding provides nutrition and comfort, develops your baby's sense of trust and security, and protects your baby from harmful germs.
- Your baby will need a supplement of Vitamin D until 12 months of age.
- Breastfeeding may continue for 2 years or longer if you and your baby desire.
- Breastfeed your baby whenever he or she is hungry. The following chart is a general guide to breastfeeding in the first 12 months.

| Baby's Age | Number of feeds each day | Comments |
|--|--------------------------|---|
| 1 to 4 weeks | 8 to 12 | <ul style="list-style-type: none"> • Some babies "cluster feed" (feed more than 12 times a day) during their first week of life. This helps establish a milk supply. • Some mothers may need to express breastmilk with an electric breastpump after a feeding to build their supply of milk. |
| 1 to 3 months | 8 to 10 | <ul style="list-style-type: none"> • When breastfeeding is well established, your baby may feed 8 to 10 times a day. • Your baby may feed more often when going through a growth spurt or when they simply want more milk. |
| 4 to 6 months | 5 to 9 | <ul style="list-style-type: none"> • As your baby grows, there are longer times between feedings. • Your baby may feed more often when going through a growth spurt or when they simply want more milk. |
| 6 to 12 months | 3 to 8 | <ul style="list-style-type: none"> • When your baby begins to have solid foods, they may breastfeed less often. • This will depend on the amount of solids your baby eats and whether they are going through a growth spurt. |
| <p>If you have questions or need help with breastfeeding, call:</p> <ul style="list-style-type: none"> • a public health nurse or lactation consultant • your family doctor, nurse practitioner or pediatrician | | |

If you are bottle-feeding

- It is best to give your baby a formula with added iron (iron-fortified) until 12 months of age.
- Follow your baby's signs of hunger (cues) to know when he or she is ready to feed. The following chart is a general guide for feedings.

| Baby's Age | Number of bottles a day | Amount in each bottle | Average amount in 24 hours |
|----------------|-------------------------|-----------------------|---|
| 1 to 4 weeks | 6 to 10 | 2 to 3 ounces | 12 to 20 ounces |
| 3 to 8 weeks | 6 to 8 | 4 to 5 ounces | 20 to 30 ounces |
| 2 to 5 months | 5 to 6 | 5 to 7 ounces | 25 to 37 ounces |
| 5 to 9 months | 4 to 6 | 5 to 8 ounces | 25 to 40 ounces |
| 9 to 12 months | 3 to 4 | 6 to 7 ounces | 21 to 28 ounces |
| Over 1 year | 2 to 3 | 6 to 8 ounces | To encourage your baby to eat more solid foods, give your baby less than 16 to 18 ounces of formula (or homogenized milk) a day. Smaller babies can stay on formula for up to 2 years. |

When do I start to give my baby solid foods?

By 6 months of age your baby may be ready for solid foods if he/she:

- can sit up with very little help and has good control of his/her neck muscles
- can hold food in his/her mouth without pushing it out on his/her tongue right away
- opens his/her mouth when food is offered
- shows interest in food when others are eating
- can turn his/her head to refuse food

Giving baby solid foods too early can cause problems because:

- your baby may drink less breastmilk or formula.
- your baby's stomach is not ready to digest solid foods.

What solid food should I give my baby first?

Start with iron-fortified cereal or meat. These foods contain iron, which helps with your baby's development.

Prepare a tablespoon of food. Offer small amounts to your baby on a spoon.

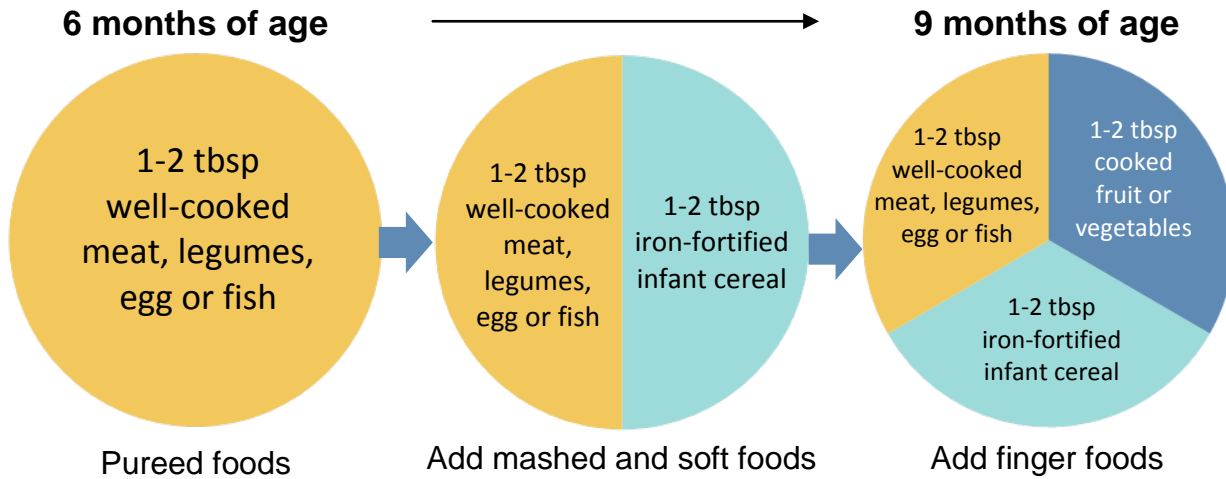


How do I introduce solid foods?

Here are some helpful tips:

- Introduce foods one at a time, about 2 to 3 days apart.
 - Start with a small amount and increase as your baby shows interest.
 - Meal times should always be enjoyable and an opportunity to learn new skills. Let your baby explore food by touching and tasting. We don't recommend tricking or coaxing your baby by playing games or offering sweetened foods.
 - Try making your own baby food by pureeing meat, fish, stews, vegetables, and fruits. You will be able to offer your baby a wider variety of foods and texture. It also costs less.
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How do I increase solid foods?



When do I give foods with more texture?

As your baby develops, he/she will be able to have foods with more texture.

Every baby is unique and will progress to foods with greater texture at their own rate. Be patient as your baby learns to eat.

| Your baby's development | Number of meals and snacks a day | Texture of food |
|-------------------------|----------------------------------|---|
| Sitting with support | 2 to 3 | <ul style="list-style-type: none"> Pureed, mashed and semi-solid foods |
| Sitting on own | 2 to 3 | <ul style="list-style-type: none"> Small amounts of soft mashed foods with few lumps |
| Crawling | 3 to 4 | <ul style="list-style-type: none"> Ground soft mashed foods or foods that dissolve - such as whole grain crackers |
| Walking | 3 meals 1 to 2 snacks | <ul style="list-style-type: none"> Chopped foods, foods with more texture, finger foods (such as toasted O's cereal, small pieces of cooked pasta or soft vegetables, grated cheese) |

A guide to feeding your baby solid foods

The following charts are a general guide to feeding your baby in the first 2 years. If your doctor or dietitian advises you to give your baby extra calories, add butter, margarine or cream to foods.

In the first year

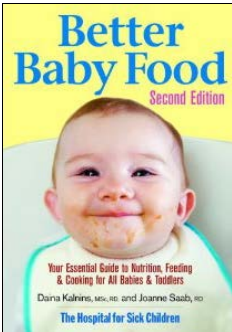
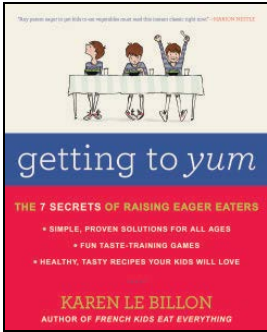
| Foods | From 6 to 9 months | From 9 to 12 months |
|---|--|--|
| Milk products | <ul style="list-style-type: none"> Offer plain yogurt (3.25% MF or higher), cottage cheese or grated hard cheese. Aim for 1 to 2 tablespoons a day. | <ul style="list-style-type: none"> Continue with plain yogurt (3.25% MF or higher), cottage cheese or other cheese. Aim for 2 to 4 tablespoons a day. |
| Grain Products and Iron-fortified infant cereal | <ul style="list-style-type: none"> Mix with breastmilk or formula. Feed cereal from a spoon, not from the bottle. Aim for 2 to 4 tablespoons a day. | <ul style="list-style-type: none"> Continue iron-fortified infant cereal. Introduce other plain cereals, bread, rice and pasta. Aim for 4 to 10 tablespoons a day. |
| Meat and Alternatives | <ul style="list-style-type: none"> Cooked meat, fish, chicken, tofu, mashed beans, egg yolk. Canned light tuna-skipjack, yellowfin, and tongol. <i>Avoid albacore tuna as it is higher in mercury.</i> Aim for 2 to 4 tablespoons a day. | <ul style="list-style-type: none"> Offer minced or diced cooked meat, fish, chicken, tofu, beans, egg yolk. Aim for 4 to 6 tablespoons a day. |
| Vegetables | <ul style="list-style-type: none"> Offer pureed cooked vegetables and progress to soft mashed cooked vegetables. Aim for 2 to 4 tablespoons a day. | <ul style="list-style-type: none"> Offer mashed or diced cooked vegetables. Aim for 4 to 8 tablespoons a day. |
| Fruit | <ul style="list-style-type: none"> Offer pureed cooked fruits, very ripe mashed fruit such as a banana. Aim for 2 to 4 tablespoons a day. | <ul style="list-style-type: none"> Offer SOFT fresh fruits, (peeled, seeded and diced) or canned fruits packed in water or juice (diced). Aim for 4 to 8 tablespoons a day. |

How do I make meal time safe and fun?

- Always stay with your baby while he or she is eating.
- Toddlers like to mash, feel, smell and squish food while eating. Stay calm and expect a mess during mealtime.
- Expect your toddler to sit at the table, in a high chair or booster seat, for about 15 to 20 minutes at breakfast, lunch and dinner.
- Allow time for your child to finish eating but remove food when he or she has lost interest. Do not pressure your child to eat. If your child has not eaten for 20 minutes, take the food away.
- Explore new tastes and textures regularly. Toddlers may need to “try” new foods a dozen times before they accept and enjoy a food.
- Mealtimes also help your child learn and develop. Talking with your child at mealtimes helps them learn about foods and develop their language skills. Avoid TV and other distractions during meals.

Where can I get more information?

Books

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|---|---|--|---|
| <p>Better Baby Food (2008)</p> <p>by Dana Kalnins and Joanne Saab</p> <p>Available online and in bookstores.</p> |  | <p>Getting to Yum (2014)</p> <p>by Karen LeBillon</p> <p>Available online, in bookstores, and from the Hamilton Public Library.</p> |  |
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Websites:

- Eating Well with Canada’s Food Guide www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- Dietitians of Canada: www.dietitians.ca
- Ellyn Satter: www.EllynSatterinstitute.org