

0-4 MONTHS



James, 2 weeks

Age	Your baby may...
At 1 month	... be alert and awake 1 out of every 10 hours. ... start to respond to your voice.
At 2 months	... begin to hold a rattle—only for a few seconds. ... start to smile and laugh.
At 3 months	... start to roll from back to side. ... begin to discover hands and feet.
At 4 months	... sit when being held. ... laugh when being talked to and played with. ... move arms up when wanting to be held.
Growth Spurts	During growth "spurts", your baby will drink more breastmilk or formula than usual. Look for growth spurts to happen sometime around: 2-4 weeks, 6 weeks, 3 months, 6 months

Note: This is a general guide. Ask your baby's doctor if you have questions or concerns.

When to feed your baby

Your baby will need to eat many times during the day and night.

When it's time to eat, your baby will tell you by sucking on a fist, making sucking movements with the mouth, holding a fist tightly over the stomach or by being fussy. Don't wait until your baby cries—he may be too upset to eat.

When full, your baby will tell you by spitting out the nipple, falling asleep, playing with or biting the nipple, or lying quietly in your arms and only sucking once in a while. **Never force your baby to keep breastfeeding or finish a bottle.**

What and how much to feed your baby

Breastmilk or formula is all the food or drink (including water) your baby needs.

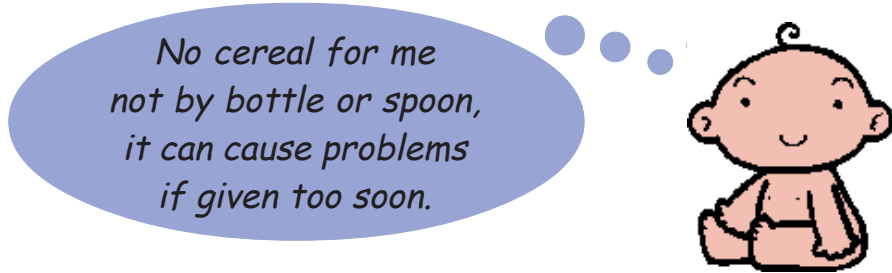
Feeding Guide	Age	Each feeding	Total for 24 hours
Breastmilk	0-12 months (or longer)	baby will stop when full	at least 8-12 feedings
	Newborn	1-4 ounces	16-24 ounces
Formula	Older baby	4-8 ounces	24-32 ounces

How to feed your baby

Hold your baby at every feeding. This makes your baby feel loved and secure. Propping the bottle may cause ear infections or choking.

Babies spit up sometimes. That's normal, but if you are worried call the doctor. You may also want to call the doctor if you think your baby has diarrhea or constipation.

Even though you may not see your baby's teeth, protect them by rubbing his gums every day with a clean cloth. If a pacifier is used, wash it using clean water.



(Your baby may develop food allergies or an upset stomach.)

Maine Center for Disease Control and Prevention-WIC Nutrition Program
800-437-9300 TTY 800-606-0215
www.wicforme.com



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