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FEEDING GUIDE (Birth to 2 Months)

Breast milk or formula is the only food the baby needs in these early months. Your child will remain on either of the above milks for the baby's first 12 months, and then will begin on whole milk. This will supply him with the balanced nutrition he needs in his first year.

Breast Feeding

Since human milk has special properties not found in other milks, it is the best initial food for infants.

Healthy breast milk is made when the mother eats a variety of meats, vegetables, fruits, bread and milk. Nutritious food, plenty of rest and enough fluids ensure good milk production. Remember that your baby's behavior may be affected by the foods you eat or drink (*i.e. hot, spicy foods, caffeine, etc.*). The safe amount of alcoholic beverages is unknown.

You may offer your baby a bottle a few times a week. You can either feed him breast milk that you have pumped, or formula. It's a good idea to acquaint your baby with a bottle so you can be away from him for a few hours if necessary, and also to involve your husband and/or family in feeding the child.

During the first few weeks your baby may want to be fed every 2 ½-3 hours because his stomach is small and can only take a little milk at a time. As he grows, he will need feeding less often. He is receiving enough milk if he is restful, happy, and sleeping well.

Stools of breast fed babies are soft and very loose, they may decrease from one after each feeding to one every other day after the first few weeks.

Vitamins: Poly-Vi-Sol® Vitamin D drops

