

# BABY FEEDING GUIDE

Recognizing and understanding your baby's hunger and fullness cues can help develop healthy eating habits.

## 0 - 6 MONTHS

### "I'm Hungry!"



Opens wide when nipple brushes lips or when cheek is stroked



Roots for nipple, a reflex that encourages latching & promotes healthy feeding



May bring fingers or hands to mouth



Cries as a late sign of being very hungry

### "I'm Full!"



Releases nipple



Slows down or stops sucking and may fall asleep



### Feeding Schedule



#### 8-12 feedings of breast milk and/or baby formula daily

Baby's stomach is tiny which means that small and frequent feedings are best (8-12 per day or every 1-3 hours).

As baby gets bigger, these may change to larger, less frequent feedings (4-6 per day).

FOR HEALTHCARE PROFESSIONAL USE ONLY.  
BREAST MILK PROVIDES OPTIMAL NUTRITION FOR BABY.

## 6 - 8 MONTHS

### "I'm Hungry!"



Shows excitement when food is presented



Opens mouth wide and leans toward spoon



Fusses as a late sign of being very hungry

### "I'm Full!"



Gets distracted easily and looks elsewhere



Leans back, clenches mouth turns head or pushes away from nipple or food



### Feeding Schedule



#### 3-5 feedings of breast milk and/or baby formula daily

At about 6 months, baby is ready for solid foods to complement breast milk or formula. Health Canada recommends that first foods be rich in iron. Try meats, meat alternatives, and Gerber® baby cereals, which are iron-fortified for your growing baby.

Progress from single ingredient purées to richer tastes and textures. Work towards offering nutritious complementary foods in 2-3 feedings, and 1-2 snacks a day.

Try mixing GERBER Organic purées into cereals to make food fun!

## 8 - 12 MONTHS

### "I'm Hungry!"



Puts fingers in mouth and gets fussy



Reaches for food and shows excitement when hungry

### "I'm Full!"



Turns head or bats spoon away from mouth when full



Clamps lips shut; stops opening mouth

### Meals



#### Up to 3 meals

Add 1-2 snacks each day, depending on your little one's appetite, and 2-4 feedings of breast milk and/or baby formula.

## 12+ MONTHS

### "I'm Hungry!"



Expresses desire for food with words, sounds, or gestures



Leads you to fridge or cupboard, points to desired food



### "I'm Full!"



Shakes head to say no more



Uses phrases like "all done," "no more," "get down"



Becomes easily distracted or playful with food

### Meals



#### 3 meals daily

Plus, add 2 snacks of solid foods, as well as 2-3 cups of breast milk, baby formula, or whole cow's milk each day.

### FEEDING KNOW-HOW

- BREAST MILK AND/OR BABY FORMULA ARE STILL THE MAIN SOURCE OF NUTRITION IN THE FIRST YEAR.
- INFANTS AND TODDLERS WHO RECEIVE BREAST MILK SHOULD BE SUPPLEMENTED WITH 400 IU (10 µg) OF VITAMIN D DAILY.
- PAY CLOSE ATTENTION TO YOUR LITTLE ONE'S HUNGER CUES.
- STARTING SOLID FOODS CAN CHANGE THE COLOUR, TEXTURE AND FREQUENCY OF BOWEL MOVEMENTS.
- IT CAN TAKE UP TO 10 TRIES WITH A NEW FOOD FOR BABY TO GIVE IT A GO. DON'T GIVE UP!



Nestlé Baby & me provides support for parents and caregivers during baby's first 1,000 days. Join today to register for more expert advice, savings & samples for your journey with baby! For more information visit [nestlebaby.ca/medical](https://www.nestlebaby.ca/medical)



References: Health Link BC. Growth and Development Milestones. <https://www.healthlinkbc.ca/health-topics/4008736>. Accessed March 2018. Canadian Paediatric Society. [https://www.caringforkids.cps.ca/handouts/your\\_childs\\_development](https://www.caringforkids.cps.ca/handouts/your_childs_development). Accessed March 2018. Dietitians of Canada. Feeding your Baby Solid Foods when Breast and Formula Feeding. PEN The Global Resource for Nutrition Practice. November 2014. Joint Statement of Health Canada, Canadian Paediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada. Nutrition for Healthy Term Infants: Recommendations from Birth to Six Months. 2012. Joint Statement of Health Canada, Canadian Paediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada. Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months. 2014. All trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland and used under licence. © Nestlé 2020.