

FEEDING YOUR INFANT: RESPONSIVE, INTERACTIVE, ENGAGED

**BIRTH
TO 6
MONTHS**

Learn your baby's language to help them grow and develop!

Babies tell us what they need using their faces, bodies and voices.

- I'm hungry!
- I feel full!
- I need quiet time!
- I'm ready to play!

Quiet Time!

- Turns head away
- Stops eye contact
- Squirms away
- Fussing or cries

Play Time!

- Eyes follow you
- Smiles eagerly
- Makes sounds
- Reaches out to you

Responsive, Interactive, Engaged feedings

- Look at your baby to know when to feed – not the clock.
- Feed your baby when your baby is hungry, stop when your baby is full.
- Start talking with your baby right away.
 - Babies love to hear your voice!
 - Repeat your baby's coos and other sounds.
- Look at your baby. Smile and use eye-to-eye contact.
- Imitate facial expressions.
- Reduce distractions to promote one-on-one time.



Time to Eat!

- Waking and squirming around, fluttering eyes
- Tight arms and fists
- Bringing hand to mouth
- Turning head to the side to find the breast
- Sucking on lips, fingers, clothing, other things
- Nuzzling into the breast

Crying is a late sign of hunger!

Time to Stop!

- Relaxed arms that fall away from body
- Arching the back
- Clamping lips together
- Releasing the breast or bottle, not searching for it again
- Turning face away, refusing if offered again

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Respect and respond to your baby's cues with paced bottle feeding!

Use these tips when feeding from a bottle:

- Hold the baby in an upright position, not lying down, so milk doesn't pool in baby's mouth.
- Let the baby draw the nipple into the mouth – avoid forcing it.
 - Stroke baby's lips gently with bottle nipple to open baby's mouth.
- Feed the baby until the baby shows signs of fullness.
 - Take your time to avoid feeding too much in a short time.
 - Allow frequent pauses to discourage guzzling.
 - Give baby a chance to feel full before becoming over-full.
 - Avoid coaxing the baby to finish the last bit of milk in the bottle after the baby shows signs of being done.
- Alternate the side you feed the baby during feedings to encourage development of both eyes.

Why worry about milk pooling in the mouth?

- Greater chance of tooth decay.
- Increased risk of ear infections.

What does a serving size for an infant look like?

A baby's tummy is small.

After one month, filling bottles
with 2-4ozs of milk allows
flexibility of feedings.

Just as we eat different amounts at
different meals, so do infants!

