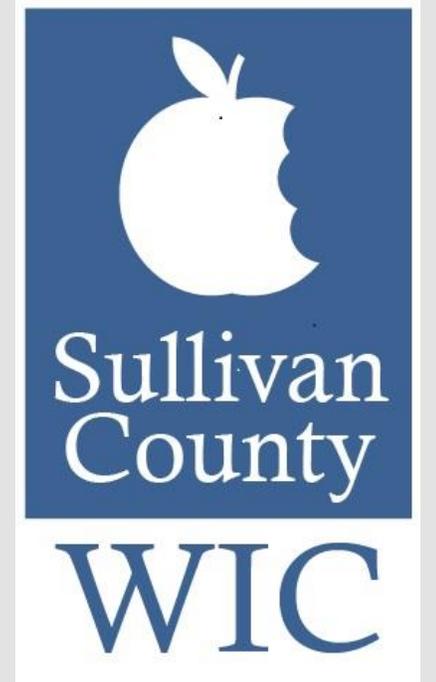


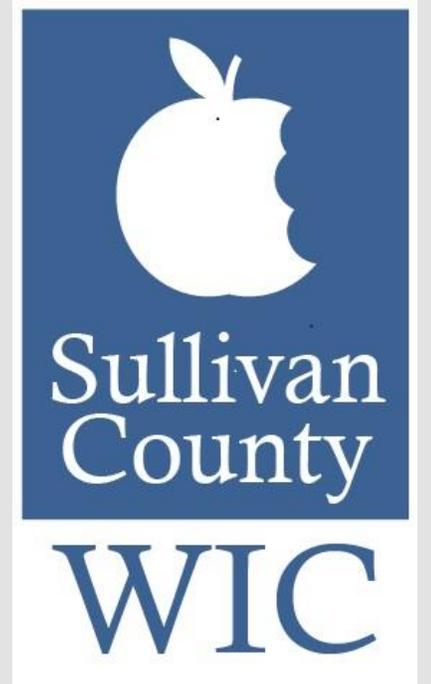
Breastfeeding & Infant Nutrition





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Breastfeeding



Recommendations

- Based off research, we believe breastfeeding is the preferred feeding method for all infants.
- The American Academy of Pediatrics recommends 6 months of exclusive breastfeeding, but to continue to a year or longer if possible
- Breastmilk is the perfect food for your baby and changes through all stages of infancy.

Benefits of Breastfeeding

- Breastfeeding is linked to a lower risk of Type 2 diabetes, certain types of breast cancer, and ovarian cancer.
- Breastfeeding mothers report significantly more sleep than mother of mixed fed or formula fed infants.
- Breastfed babies have lower risks of: asthma, childhood obesity, ear infections, type 2 diabetes, SIDS, and respiratory infections.
- You can burn up to 300-500 calories a day by breastfeeding.
- Breastfeeding is free!

Reasons Not to Breastfeed

- HIV positive
- HTLV-1
- Prescription drug abuse
- Street drug use
- Undergoing cancer treatments

Breastfeeding

- Breastfeed as soon as possible after delivery.
- We recommend skin-to-skin up to 90 minutes to 1.5 hours after delivery.
- Colostrum is the first milk your body makes when you start breastfeeding. It is nutrient-dense and plays a major role in boosting your baby's immune system.
- Transition of Milk
 - Day 2-3 transitional milk
 - Day 3-4 mature milk
 - Day 7-10 noticeable fullness

Supply & Demand

- Exclusively breastfed infants need to nurse 10-12 times a day
- The more you nurse, the more you make
- Nurse on cue not a clock but no longer than 2.5-3 hours apart

Is My Baby Getting Enough?

- Look for 6 really wet diapers and 3 bowel movements by day 7
- Newborns usually feed 10-15 minutes per breast.
- Look for satiety cues like coming off the breast, slow or no suckling, hands relax, falling asleep
- Weight checks, should be back to birth weight by 2 weeks
- It is normal for breastfed babies to lose some weight

Growth Spurts

- Infants will want to nurse more frequently during growth spurts
- Growth spurts typically occur:
 - 7-10 days old
 - 2-3 weeks old
 - 6 weeks old
 - 3 months and every couple of months thereafter

Positioning

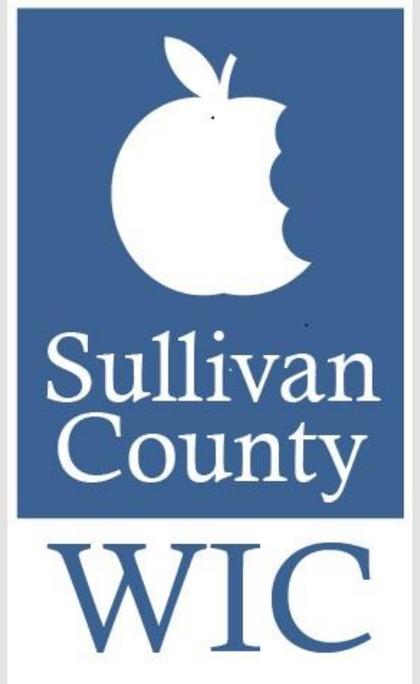
- Baby-led
- Nose to nipple
- Wide mouth
- Tummy to tummy
- Ear, shoulder, hip aligned
- Breastfeeding should not hurt!
- Good positioning means no pain!

Bottles, Pacifiers, Pumping

- Avoid for 3-4 weeks
- Early introduction of bottles and pacifiers can create nipple confusion
- Baby has to work to get milk at the breast, bottles require no work from the baby
- Pumps are available through insurance
 - Talk to your doctor about getting a prescription for a pump!
- Returning to work/school
 - Tennessee law requires a time and place for mother's to nurse or pump
 - To protect your supply, pump while away from your baby

Infant Nutrition

Birth to 6 months



Feeding Guidelines

- Infants should be fed breastmilk or infant formula with iron for the first year.
- Breastmilk or formula is the only food needed for the first 6 months.
- Birth to 4 months
 - Infants typically eat 8-12 times in 24 hours.
 - Their tummy can typically hold 2-3 oz at a time.
- 4 to 6 months
 - Infants typically eat 6-8 times in 24 hours
 - Their tummy can hold 4-6 oz at a time.

Starting Solids

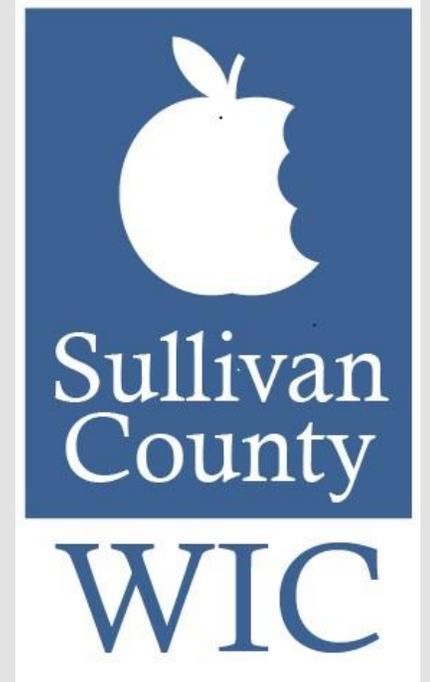
- Solid food should not be introduced until around 6 months of age
- Talk to your pediatrician before introducing solids
- Infants must be able to:
 - Sit up and hold their head steady
 - Show they want food by opening their mouth to take it from a spoon
 - Show they don't want food by closing their mouth or turning their head

Feeding Precautions

- Throw away breastmilk left in a bottle 2 hours after a feeding is finished
- Throw away formula left in a bottle 2 hours after a feeding has started
- Do not provide juice or extra water. Breastmilk and formula provide all the liquids an infant needs.
- Do not introduce cow's milk, goat's milk, soy milk, or nut milk until a year old. Early introduction can lead to serious health problems
- Do not put cereal or pureed food in a bottle. This can lead to choking
- Wipe gums with a clean, wet, soft, cloth after a feeding.

Infant Nutrition

6-12 months



Feeding Guidelines

- Infants this age typically drink at least 4 oz of breastmilk or formula at a time.
- After 6 months, solids can slowly start to be introduced. Always talk to your pediatrician before starting foods.
- Infants typically have a growth spurt around 6 months old.
- Parents can also introduce a cup to infants starting at around 6 months old or when they can hold on to it on their own.

Introducing First Foods

- Parents should introduce one new food at a time
- Infants should be offered 1 teaspoon of baby food at a time until they are used to eating from a spoon.
- Infants may need to try a new food 10 times before they like it.
- Parents should wait 5 days before introducing another new food.
- If your child has an allergic reaction to a food, call their pediatrician immediately.

Foods to Avoid

- The following foods should be avoided as they can cause choking:
 - Raw vegetables
 - Bacon
 - Whole grapes
 - Fish with bones
 - Potato, corn, or tortilla chips
 - Popcorn
 - Hard Candy
 - Nuts
- The following foods should be avoided as they can make infants sick:
 - Unpasteurized fruit juice
 - Rare or raw meats
 - Honey or food with honey. Honey should not be given to infants under 12 months of age as it contains *Clostridium Botulinum*.
- Talk to your pediatrician about when it is safe to introduce peanut butter.

Introducing Finger Foods

- By 8-9 months old, infants typically begin to want to eat with their fingers.
- They still need to be fed with a spoon, but finger foods can also start to be introduced.
- Safe finger foods include:
 - Tiny pieces of cooked vegetables or soft fruit
 - Tiny pieces of cooked meat, chicken, or turkey
 - Mashed cooked beans, egg yolk, or tofu
 - Chopped rice or noodles
 - Bite-size pieces of toast, plain crackers, or soft tortillas

How Much?!

- At this age, infants should eat 5-6 times a day.
- Meals at this age might look like:
 - Breastmilk or formula + infant cereal + peaches
 - Mashed peas + rice + chopped chicken
 - Breastmilk or formula + tiny pieces of banana + chopped noodles
- Parents should first offer 1 teaspoon of food at a time until infants are used to eating from a spoon.
- Once infants are comfortable eating from a spoon or using their fingers, 1-2 tablespoons of food can be offered at a time.

Questions???

- Feel free to reach out with any questions you may have from this presentation!
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