

Healthy Eating for Your Infant

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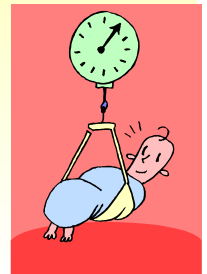
Facts About Breast-feeding...

Choosing to breast-feed provides a good start for you and your infant. Breast-feeding for even a few weeks provides a head start for your infant and helps your body return back to normal quicker.

- Breast milk is made to be healthy for your baby.
- Breast milk will change according to your baby's needs.
- Babies that get breast milk can fight off illnesses and allergies better.
- Breast milk is easier for your baby to digest.
- Breast-feeding requires no preparation or clean-up.
- Breast-feeding allows you to bond with your baby.
- You can lose weight faster if you breast-feed.
- Breast-feeding is cheaper.
- Your baby won't eat too much when you breast-feed.

How Much Weight Should my Baby Gain?

- ♥ Your baby's weight should double in four to six months. For example, if your baby weighed seven pounds at birth, he should weigh 14 pounds in four to six months.
- ♥ Make sure to visit your doctor. Your doctor will tell you if your baby is gaining enough weight.



Is My Baby Getting Enough?



- * Unsure if your baby is getting enough to eat? These clues indicate adequacy:
- * Your baby is hungry every two to four hours during the first months.
- * Your baby has six or more wet diapers a day.
- * Your baby's weight is increasing.
- * Don't worry if your baby turns away after a few minutes. If you are breastfeeding make sure to offer your infant both breasts.
- * Sometimes a baby likes to suck after a breast is empty. This provides a feeling of safety and security and is not a sign that your baby is still hungry. Allow enough time for this bonding experience.

