

Reading Guide To  
Feeding Your Baby  
ebooks

# **Guide To Feeding Your Baby**

FEEDING - Best Start  
Infant feeding guidelines -  
Eat For Health HOW TO

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**FEED YOUR BABY**

**STEP-BY-STEP** The First  
12 Months: What and When  
to Feed Your Baby **HOW**

**TO FEED YOUR BABY**

**STEP-BY-STEP** sizes are  
guidelines ... The First 12

Months: What and When to  
Feed Your Baby **HOW TO**

**FEED YOUR BABY**

**STEP-BY-STEP** Feeding

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Your Baby Feeding Your

Baby 6 months to 1 year

HOW TO FEED YOUR

BABY STEP-BY-STEP

sizes are guidelines ...

Feeding Your Baby - Kaiser

Permanente A Guide to

Your Baby's First Foods An

Integrative Approach to

Feeding Your Baby:

Starting ... Deciding how to

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feed your baby A Guide to  
Caring for your Newborn -  
Baby Your Baby Feeding  
Your Baby 6 months to 1  
year Birth - 4 month old  
baby 4 - 6 month old baby  
An Integrative Approach to  
Feeding Your Baby:  
Starting ... Feeding Guide -  
Pediatrics West COVID-19:  
Guide to Infant Feeding

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Deciding how to feed your  
baby Infant feeding - RCM  
A Guide to Caring for your  
Newborn - Baby Your Baby  
YOUR QUICK GUIDE TO  
Weaning – Introducing your  
baby to solids Baby Feeding  
Guide | Enfamil

- Feed your baby when

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you or other family members are eating. • Sit your baby up straight. Do up the safety strap to help keep your baby safe. • Always supervise your baby when he is eating. • Keep mealtimes pleasant. Your baby will tell you he

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has had enough to eat when he turns his head away or keeps his mouth shut. Let your baby guide you.

feeding. They support optimum infant nutrition by providing a review of

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the evidence, and clear evidence-based recommendations on infant feeding for health workers. The main recommendations for infant feeding, including the introduction of solid food, are briefly described



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in this summary. The full text of the . Infant Feeding Guidelines. can be downloaded from

- Wait until baby's first birthday to feed egg whites. Some babies are sensitive to the egg white.

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It's okay to give baby  
cooked yolks. • Offer fresh  
fruit and cooked  
vegetables in bite size  
portions. Some fruits may  
need to be peeled (apples,  
pears). • Be patient. Babies  
are messy when they feed  
themselves.

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- Do not allow baby to fall asleep with a bottle. This can cause tooth decay.
- It is now okay to give your baby some fluoridated water, about 2–4 ounces twice a day. (Check with your city to determine if your water is fluoridated)
-

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Refrigerate leftover portions of food immediately. Opened jars will

- Be patient. Babies are messy when they feed themselves.
- Always taste heated foods before

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serving them to baby to make sure they are not too hot. • Continue to offer water in a cup. • Offer finger foods to encourage self-feeding. • Let baby use a spoon for self-feeding. • Do not give your baby ...

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& When to Feed Your  
Baby . Foods 0 - 3 Months  
4 - 5 Months 6 - 7 Months  
Breast Milk . On Demand:  
• st1 Month: about 10–12  
feedings in 24 hours • rd2.  
nd-3 Months: 8–10  
feedings in 24 hours On  
Demand: about 6–7

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feedings in 24 hours .

**HOW TO FEED YOUR  
BABY STEP-BY-STEP**  
Every baby is very special.  
Don't worry if your baby  
eats a little more or less  
than this guide suggests. In  
fact, this is perfectly

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normal. The suggested  
serving sizes are only  
guidelines to help you get  
started. AGE FOOD

**GROUP FOODS DAILY  
SERVINGS**

**SUGGESTED SERVING  
SIZE FEEDING TIPS 0–4  
Months**



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Use a fork to mash fruit before feeding it to your baby (see the Recipe and Feeding Guide on page 16 of this booklet). •

Examples of fruit to try are bananas, pears, peaches, plums, avocado, frozen berries, etc. • Store-bought

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“baby desserts” are high in  
sugar.

Feeding Your Baby –A  
guide to help you  
introduce solid food This  
document has been  
prepared with funds  
provided by the

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Government of Ontario.

**BABY'S FIRST FOOD. 1**

This guide is about feeding your baby from six months to one year. It has information and answers questions you may have about breastfeeding and

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and to ensure your baby is eating enough to grow normally. • Nurse as long and as often as your baby wants – every 1-1/2 to 2 hours is reasonable. • Nurse baby at least 10–20 minutes on each breast. • Six wet diapers a day is a

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good sign that your baby is getting enough to eat. • If you bottle feed, hold your baby while feeding.

- Let your baby sit at the family table and use a spoon or hands to feed 12 tablespoons. • Try not to

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pressure your baby to eat,  
and keep mealtimes  
relaxed. • Slowly reduce  
the number of feedings  
from breast or bottle as  
your baby eats more food  
and drinks using a cup. •  
Stop giving your baby ...

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6 A Guide To Your Baby's  
First Foods Introduction to  
solid foods and  
breastfeeding As your  
baby eats more solid food,  
your baby may change  
how often they breastfeed,  
or your baby may  
breastfeed for a shorter

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period of time. Your body will adjust your milk supply to meet what your baby ...

seasoning and offer those to your baby. Be relaxed. Feed the baby at your mealtimes. As your baby



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becomes better at eating solid foods, offer a greater variety of foods at any one time. Do not make mealtimes a battle. If your baby refuses, or shows signs of disinterest, do not push. Simply offer.

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How would you like to feed your baby? With information and support that meets their needs, most women . who want to breastfeed are able to do so. However you decide to feed your baby, your health care provider can

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support you in your  
feeding decision. For more  
information about feeding  
your baby, visit .

[healthyparentshealthychildren.ca/i](http://healthyparentshealthychildren.ca/i)  
a ...

the normal range, call your  
baby's doctor. Cradle

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cap: Cradle cap is a scaly patch of skin that develops on the scalp. Brushing your baby's hair daily and washing it frequently—every time you bathe him, or 2-3 times per week—may help prevent cradle cap. If cradle cap

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occurs, call your baby's  
doctor. Milia: The whitish,  
pinhead-size ...

Feeding Your Baby –A  
guide to help you  
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**BABY'S FIRST FOOD. 1**

This guide is about  
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breastfeeding and

Your child's health care provider may recommend feeding your baby a small amount of sterile water (4 to 8 ounces per day) in a cup when foods rich in protein are introduced.

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Check with your child's health care provider concerning your baby's water needs. Feeding Your Baby in the First Year

seasoning and offer those to your baby. Be relaxed. Feed the baby at your



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mealtimes. As your baby becomes better at eating solid foods, offer a greater variety of foods at any one time. Do not make mealtimes a battle. If your baby refuses, or shows signs of disinterest, do not push. Simply offer.

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Nurse baby at least 5-10 minutes on each breast.

Your baby should not go more than 3-4 hours without feeding in the first few weeks of life Six wet diapers a day is a good sign. There's no need to force baby to finish a

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bottle. Putting baby to bed with a bottle could cause choking and tooth decay. Heating in the microwave is NOT recommended.

cues (on-demand feeding) will help your body know to make enough breast

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milk to feed your baby.

Skin-to-skin contact and rooming-in are two practices you can do in the hospital that will help with this and are good for the baby even if you are not feeding them breast milk. Skin-to-skin contact

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involves placing your  
naked baby on your chest  
...

How would you like to  
feed your baby? With  
information and support  
that meets their needs,  
most women . who want to

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breastfeed are able to do so. However you decide to feed your baby, your health care provider can support you in your feeding decision. For more information about feeding your baby, visit .

[healthyparentshealthychildren.ca/i](http://healthyparentshealthychildren.ca/i)

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a ...

Infant feeding Referral to a specialist for infant feeding problems – 84 per cent of midwives said they found it easy to refer mothers for breastfeeding problems. Where they

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exist, infant feeding specialists are a good resource for breastfeeding problems and supporting midwives with information and confidence building. However, the



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the normal range, call your baby's doctor. Cradle cap: Cradle cap is a scaly patch of skin that develops on the scalp. Brushing your baby's hair daily and washing it frequently—every time you bathe him, or 2-3 times per

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week—may help prevent cradle cap. If cradle cap occurs, call your baby's doctor. Milia: The whitish, pinhead-size ...

baby's diet, ideally at least twice a week, to ensure that your baby remains

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tolerant to that food. See table on page 4 for ideas of when and how to offer these foods to your baby. When introducing these foods for the first time, make sure your baby is well and free from illness (such as a cold,

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**Baby Feeding Guide.**

Whether you plan to feed your baby breast milk, infant formula, or both, Enfamil is dedicated to helping you at each stage of your baby's development. **AGES & STAGES. Newborn 0-3**

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months. Infant 3-6 months.

Eventually, Guide To Feeding Your Baby you will unquestionably discover a supplementary experience and skill by spending more cash. still when? reach you endure that you require to get those every nes when having significantly cash?

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Why don't you attempt to acquire something basic in the beginning? That's something that will lead you to understand even more nearly the globe, experience, some places, later history, amusement, and a lot more? It is your definitely own mature to doing reviewing habit. in the course of guides

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