

Feeding Our Youngest

2 Months

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By now, you and your baby are becoming successful in creating positive feeding times, whether you are breastfeeding, feeding formula, or combining the two.

You are probably noticing smiles and cues from your baby, too, and those cues can help you become very good at the give-and-take process of infant feeding.

Your baby knows how much she needs to eat, and that amount will vary from day to day. A baby who has had enough cannot push away food, but she will give you cues to show she is full. When your baby has had enough, she may:

- Suck more slowly or stop sucking.
- Relax her hands and arms.
- Turn away from the nipple.
- Fall asleep.

The best feeding approach is one that is shared by you and your baby. Each of you has an important role in the process. As a parent, you are responsible for what to feed your baby. Your baby is responsible for how much to eat and how often. Helping your child become a confident, competent eater is an important task, and it starts early!

Not only does your baby know how much to eat, she also knows how often she needs to eat. Many parents attempt to get their baby on a schedule or to establish a routine. Just remember, your baby knows hunger or fullness, but not how to tell time! So it is your task to follow her lead and feed on her demand, not by the clock. Responding to a baby's hunger and fullness cues quickly — before she gets upset or anxious — helps your baby feel assured and comforted, and you are forming the foundation for good eating habits for the future.



Building Blocks: How Much?



- Baby will give hunger and fullness cues.
- Follow your baby's lead.
- Feed at baby's "request."

Right now, breast milk or formula will provide all the nutrition your baby needs for healthy development and growth. However, it is recommended that all breastfed infants — and formula-fed infants who drink less than 32 ounces of formula per day — get extra vitamin D beginning in the first 2 months after birth. Your baby's health care provider can recommend the proper type and amount of vitamin D supplement for your baby.

Some moms start back to work when their baby is 2 to 3 months old. This doesn't have to mean an end to

breastfeeding! Many worksites have special policies and spaces to support a breastfeeding mom and her infant. You may want to start now to plan for how to work and breastfeed. If you are breastfeeding your baby, you can use a breast pump to collect breast milk for the feedings you will miss. It is helpful to start to pump a week before you return to work to be sure you have a good supply.

When pumping your breast milk, it is important to handle your milk safely. Check out the chart below to be sure you and your caregiver know how to keep your baby safe. Breast milk may be frozen for later use. It is best to thaw breast milk in the refrigerator. Do not use a microwave oven to heat breast milk —

it may cause the loss of some of the beneficial properties of the milk.

Whether you use breast milk or formula when you go back to work, it is best to prepare the bottles ahead, or check with your caregiver to be sure your instructions are followed.

Next month, we'll talk about the importance of cuddling your baby at feeding time, and how baby will show you (in a few weeks) when she is ready to be introduced to solid foods.

For now, enjoy the wonder of feeding your youngest!

Human Milk Storage Guidelines

	STORAGE LOCATION AND TEMPERATURES		
Type of Breast Milk	Countertop 77°F (25°C) or colder (room temperature)	Refrigerator 40°F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to 4 Hours	Up to 4 Days	Within 6 months is best. Up to 12 months is acceptable
Thawed, Previously Frozen	1-2 Hours	Up to 1 Day (24 hours)	NEVER refreeze human milk after it has been thawed
Leftover from a Feeding (baby did not finish the bottle)	Use within 2 hours after the baby is finished feeding		

Reference: https://www.cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm. Accessed Jan. 27, 2021.

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