



Children'sSM
Healthcare of Atlanta

The No-Stress Way to Feed Your Baby

Birth to around six months

Little ones have so much to learn in this big world, but they are already super smart when it comes to eating. They know when they are hungry and when they are full. And you know all too well from that loud cry in the night that they want to tell you all about it!

The secret to no-stress feeding is to give yourself and your baby a few simple jobs.

Parents' jobs:

Feeding your baby well can take a lot of patience, and things will not always go according to plan, but your hard work will pay off.

- **What to feed?** — It's your decision to feed your baby breastmilk or formula. Other foods and drinks, like water, juice, or cereal, can be harmful for your baby at this age.
- **Comfort him** — Hold your baby securely and close enough to see your face. Pay close attention, but no need to fuss with him too much or worry about wiping his mouth or chin as he eats. If you're happy and relaxed, your baby can relax and feeding will go more smoothly.
- **Don't panic!** — It can take time to get used to your baby's habits, so provide with patience.



Child's jobs:

Once you've decided what to feed your baby, it's his job to decide everything else. Help your baby develop healthy eating habits by letting him do his job during feeding.

- **When** — Trust your baby to tell you when he is hungry and feed him when he "tells" you. Sucking noises, hands in the mouth or moving the head in search of the breast are all signs a baby is alert and ready to eat.
- **Where** — Try to feed your baby in a calm and quiet place; but if your baby is hungry, don't keep him waiting! Feed him wherever you are.

STRONG⁴LIFESM

- **How much** — He will tell you when he's full. He may turn his head away, fidget, close his mouth tightly or fall asleep. Do not make your baby continue eating after he's given you the signal.
- **How fast** — Some babies eat quickly, others take more time. As your baby grows and activity around him catches his eye, he might get distracted and even take breaks while he's eating.

Feeding time is family time—even with a newborn baby! Support your little one with patience and let him take the lead. It will help pave the way for healthy habits down the road.