



Parent's Top Infant Feeding Questions

How often should I breastfeed my baby?

In general, a full-term baby should be breastfed 8+ times in 24 hours.

How long should I go between feedings?

If it has been more than 2-3 hours (for breastfed babies) in the daytime, you may want to wake your infant to breastfeed.

How do I know if my baby is hungry?

Look for cues such as increased alertness, licking, sucking on and bringing hands to the mouth. Crying is a late feeding cue.

How do I know if my baby is getting enough breastmilk?

Keep a record of your baby's output, including wet and poopy diapers, and weight gain of your infant.

Again, for full-term healthy babies:

- Baby should regain birth weight by day 10-14 of life
- Baby should gain 1 ounce/day or 6-7 ounces per week
- Baby should have no weight loss once they start gaining weight after birth

How do I know if my baby is getting my milk when I breastfeed?

Your breasts will feel softer, baby will seem satisfied, and you should be able to see milk in the baby's mouth or dripping from breast. Bursts of sucking followed by audible swallowing is also reassuring.

My nipples are so sore, shouldn't breastfeeding be easy? How can I treat my sore nipples?

Breastfeeding, while the most natural way to feed your baby, it's not always the easiest, especially the first few weeks.

For sore nipples, make sure you change feeding positions, let your nipples air dry after breastfeeding, and avoid tight-fitting bras or clothing. You can also express some breastmilk on nipples after feeding for healing. Warm compresses, medical grade lanolin ointment and change nursing pads frequently.

How much should my bottle-fed baby be eating?

General guidelines for feeding volumes (for full term babies)

Age	Amount + Frequency	Total Ounces/ Day
Newborn	1-2 ounces at a time	
2 Months	3 ounces every 3 hours	24-32 oz./day
4-6 Months	4-6 ounces every 4 hours	24-36 oz./day
6-8 Months	6-8 ounces every 4-6 hours	32 oz/day, plus solids
9-12 Months		~24 oz/day, plus solids

What type of water is best for mixing formula?

- According to the AAP, safe, potable (drinkable) water must be used to prepare your baby's bottles.
- Most municipal tap water is safe, and the recommendation is to use cold water from the faucet, "Warm tap water may contain softener salt that can pull impurities from the pipes." (healthychildren.org).
- If using well water, it should be tested every year to make sure it's free of harmful bacteria.
- If water safety is a concern, bring water to a rolling boil for 1 minute and then cool it to room temperature before using.
- Bottled water and "nursery" water (purified water), can also be used to mix formula.

Are brand name and store brand formulas the same?

While the FDA does set standards for minimum and maximum concentrations of certain nutrients in formula, the quality and sourcing of ingredients can be quite different. As a parent, you get to prioritize what is important to you and your family when it comes to your baby's first food.

How long can I use formula for?

- Prepared formula must be discarded 1 HOUR after serving an infant
- Unused, prepared formula can be stored in the refrigerator for 24 hours
- Ready to feed formula and concentrated liquid can be stored, covered, for no longer than 24 HOURS