



NUTRITION FACTS

BIRTH – 2 MONTHS

- Infant should be fed when showing signs of hunger including: putting hands to mouth, rooting, sucking, fussing, facial grimacing. It is best to feed your baby when they first show signs of hunger. A baby that is already crying may have a more difficult time latching and successfully feeding.
- Feeding should occur approximately 8-12 times a day. Feeding may occur more frequently, up to every 1-2 hours as the newborn assists in establishing mother's milk supply and during growth spurts (typically occurring at 6-8 weeks of age).
- You can tell that your baby has had enough to eat when they turn away from the nipple, close mouth, and have relaxed, open palms.
- If you have chosen to give your baby formula, start with 2 oz every 2-3 hours. Prepare formula as directed on the package. As your baby grows she will require larger volumes of formula. Follow your baby's hunger cues to know when to increase.
- A newborn will typically take 16-24 oz of formula or breast milk per day.
- For the first 2 weeks of life, and until your baby has regained birthweight, you should wake him after 4 hours if he has not woken on his own to feed.
- Wet diapers can be expected 6-8 times a day. This and adequate weight gain are good ways to know that your baby is getting enough. Stools are typically loose and seedy. They may occur with each feed or may only occur once every few days.
- Vitamin D supplementation of 400 IU daily is recommended for all babies that are primarily breastfed. This can be found at your local pharmacy.

TIPS ON FORMULA PREPARATION AND STORAGE

- Water used for mixing must be from a safe source. If you are concerned about the safety of your tap water you may use bottled water or bring water to a boil for 1 minute and let cool.
- Mix the formula according to the direction on the package. Only use the scoop provided with the powdered formula to measure. DO NOT water down formula. This reduces the nutrients the baby receives at each feeding, slows growth, and can lead to seizures.
- If the water used to prepare the bottle is heated, test the temperature by shaking a few drops on the inner surface of your wrist before giving it to the baby. NEVER heat a bottle in the microwave. This can lead to burns.
- Bottles can be made directly with room temperature or tap water. Formula does not require heating if from a safe water source.
- **Formula Storage**
 - Discard formula within 1 hour of serving an infant
 - Prepared powder formula that has not been given to an infant may be stored in the refrigerator for 24 hours
 - An open container of ready-to-feed formula, concentrated formula, or formula prepared from concentrated formula should be covered and refrigerated. Discard after 48 hours.

American Academy of Pediatrics Guide to Storing Fresh Breast Milk

Place	Temperature	How Long	Things to Know
Countertop, table	Room temp (up to 77°F)	Up to 4 hours is best. Up to 6 to 8 hours is okay for very cleanly expressed breast milk.	<ul style="list-style-type: none"> • Store breast milk in small batches. 2 to 4 ounces is recommended to prevent waste. • Any remaining breast milk left in a bottle after your baby is finished with a feeding should be used within 2 hours, or, if quickly refrigerated, used for the next feeding. You can always thaw an extra bag if needed.
Refrigerator	39°F or colder	Up to 4 days is best. Up to 8 days is okay for very cleanly expressed breast milk.	<ul style="list-style-type: none"> • Store breast milk in the back of the refrigerator. • To warm breast milk from the refrigerator, place the bottle in a bowl of warm water or run it under warm water. Heating breast milk in microwaves is not safe.
Freezer	0°F or colder	Up to 9 months	<ul style="list-style-type: none"> • Store breast milk toward the back of the freezer. • Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. • To thaw breast milk from the freezer, put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water. Heating breast milk in microwaves is not safe. • Once breast milk is thawed, it can be stored in a refrigerator and must be used within 24 hours.
Deep freezer	-4°F or colder	Up to 12 months	<ul style="list-style-type: none"> • Store breast milk toward the back of the deep freezer. • Breast milk expands as it freezes, so do not fill the milk all the way to the top of the storage container. • To thaw breast milk from the deep freezer, put the bottle or bag in the refrigerator overnight, hold it under warm running water, or set it in a container of warm water. Heating breast milk in microwaves is not safe. • Once breast milk is thawed, it can be stored in a refrigerator and must be used within 24 hours.