



## Infant Feeding: 0-4 months

**During the first four months of life, infants need only breast milk or formula to meet their nutritional needs. Offer only breast milk or formula until your baby begins to show signs that they are ready to eat.**

**This handout will help you know what to expect from your baby, but keep in mind every child grows and changes at their own pace.**

### **What are my baby's feeding behaviors?**

The rooting reflex (pictured below) helps your baby turn toward the nipple to feed.



### **What do I feed my baby?**

Infants 0-4 months old should be given **ONLY** breast milk or formula. You should not add anything to your baby's bottle unless your healthcare provider tells you to.

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### Every baby is different...

- A baby 0-4 months old will normally eat about 2-4 ounces of breast milk or infant formula at each feeding and will usually be hungry about every 2-4 hours.
- As babies get older, they may go longer (3-4 hours) between feedings or may want to feed more often if they are going through a growth spurt.
- Remember, babies will let you know when they are hungry or full.

### When should I get help?

- If your baby usually takes more than 20-30 minutes to feed or is having trouble sucking.
- If your baby often leaks breast milk or formula out of the sides of their mouth while feeding.
- If your baby spits up often or in large amounts after feeding.
- If your baby often seems uncomfortable or fussy during or shortly after feeding. For example, some babies arch their backs when a feeding is not going well.
- If your baby never shows signs of being hungry or full.
- If your baby seems to be in pain when having a bowel movement.

Typical Feeding		
Food	Portion Size	Feedings per Day
Breast milk or infant formula	2-4 ounces	8-12

