

Best Practices for Feeding Infants at Home Birth-1 Year

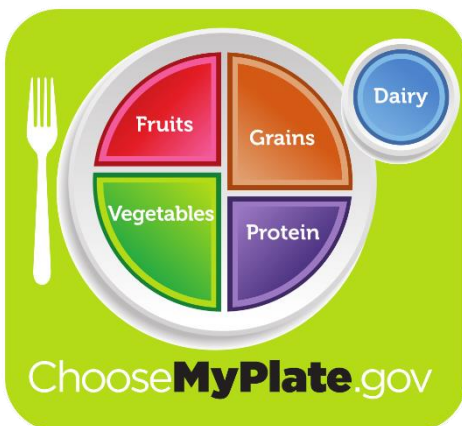
Breastfeeding Best Practices

- Breastfeed exclusively until 6 months.
- Do not feed cow's milk to babies until after 1 year.
- Only feed with signs of hunger.
- When feeding from a bottle, mimic breastfeeding techniques.
- Label bottles for the child care center with your child's name and the date you expressed the milk.
- Breastmilk stored in the refrigerator should be used within **4 days**, and in the freezer it is best within **6 months**, but 12 months is acceptable.



Mother's Diet While Breastfeeding

- Eat a healthy diet, with many fruits and vegetables, which meets all MyPlate guidelines.
- Stay hydrated! Aim to drink 12 cups of water daily.
- Limit caffeine intake.
- Avoid drinking alcohol. Wait 2 or more hours after consuming alcohol to nurse.



Feeding Infants Solid Foods

Babies are **ready to transition to solid foods** typically around 6 months and when they:

- Can sit in a high chair with good head and neck control.
- Move food from spoon to mouth with tongue.
- Open their mouth when presented with food, or reaches for food.

Babies should continue to receive breastmilk as they are introduced to solid foods. Cow's milk should be avoided until after 12 months.

Introducing New Foods

- Start simple. Feed baby small amounts of single ingredient foods.
- Begin with pureed foods, then mashed, ground, and finely chopped.
- Do not offer juices to infants younger than 12 months.
- Watch for signs of allergic reaction with each new food.
- Include important nutrients such as iron and zinc from pureed meats and single-grain, iron-fortified cereals.
- Feed baby sitting up.
- Allow the infant to self-regulate their intake.

