



# Infant/*Bebé*



**Breastfeeding**  
*Amamantar*



**Baby's First Foods**  
*Los Primeros Alimentos Para el Bebé*

What other topic would you like to talk about?  
*¿De qué otro tema le gustaría hablar?*



**Is My Baby Getting Enough To Eat?**  
*¿Está mi Bebé Comiendo lo Suficiente?*



**Baby's Growth**  
*Crecimiento del Bebé*



**Bottle Feeding**  
*Alimentación con Biberón*

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### **Breastfeeding**

Ask- possible opening questions:

- How is breastfeeding going for you and your baby?

Provide- suggestions for sharing:

- Breastfeed when your baby shows signs of hunger: sucking on hands, rooting, etc.
- Babies are getting enough to eat if they gain weight, are satisfied after feeding, can be heard swallowing, and have plenty of wet and dirty diapers.
- Appetite spurts usually occur at 8-12 days, 6 weeks, 3 months and 6 months. Frequent feeding will increase your milk supply to meet the baby's needs.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

### **Is My Baby Getting Enough To Eat?**

Ask- possible opening questions:

- How often do you feed your baby? How do you know when she is hungry? Does the baby seem satisfied after each feeding?

Provide- suggestions for sharing:

- Babies' tummies are small; they will eat smaller amounts and more frequently.
- Babies' are getting enough to eat if they are gaining weight, are satisfied after feeding, can be heard swallowing and have plenty of wet and dirty diapers.
- Feed your baby when he shows signs of hunger: sucking on hands or fist, fussing or look like he is going to cry.
- Feed the baby until he shows signs of fullness: turns head away, closes mouth or spits out the nipple.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

### **Baby's First Foods**

Ask- possible opening questions:

- Have you thought about when you will begin to give your baby solid foods?
- How are you planning to introduce solid foods?

Provide- suggestions for sharing:

- If your baby can hold up her head and sit in a chair with support, keep food in her mouth, swallow it and close her lips over a spoon she is ready to try first foods.
- Introduce new foods one at a time with a spoon, try plain rice cereal first about 1-2 teaspoons.
- Allow a few days between each new food introduced. Watch closely for signs of allergies like a rash, wheezing or diarrhea.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

### **Bottle Feeding**

Ask- possible opening questions:

- How do you think feeding is going for you and your baby?

Provide- suggestions for sharing:

- Hold and cuddle your baby in a semi-upright position when feeding.
- Feed your baby when he shows signs of hunger: sucking on hands or fist, fussing or appear like he is going to cry.
- Feed the baby until he shows signs of fullness: turns head away, closes mouth or spits out the nipple.
- Discuss proper mixing, storage and sanitation guidelines.
- Are you worried about having enough money to buy the additional formula you will need?

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?

### **Baby's Growth**

Ask- possible opening questions:

- How do you feel about the way your baby is growing? How often do you feed your baby?

Provide- suggestions for closing:

- Every baby grows in their own unique way. Some may grow faster or slower than others.
- The best way to tell if your baby is growing right for him is to look at his weight and length on a growth chart over time.
- Babies' tummies are small; they will eat smaller amounts more frequently.
- Feed your baby when he shows signs of hunger: sucking on hands or fist, fussing or look like he is going to cry.
- Feed the baby until he shows signs of fullness: turns head away, closes mouth or spits out the nipple.

Ask- closing options:

- Which of these ideas might work best for you?
- What do you think about this information?