

Feeding Your Baby

Birth to 6 months

Getting started

- Health Canada recommends breastmilk as the only food or drink for the first 6 months of life and to continue up to 2 years and beyond.
- Babies who are not breastfed should receive infant formula until they are 9 to 12 months old.
- Babies who are breastfed or partially breastfed need a Vitamin D supplement of 10 µg (400 IU) per day.
- To build a loving connection, hold your baby skin to skin as often as possible.



Respect your baby's appetite

- It is normal to feed at night. There is no set amount of breastmilk or formula that you must feed. Let your baby decide how much to eat.
- Never put your baby to bed with a bottle as this can cause tooth decay.
- Smacking lips, sucking and turning head are all signs your baby is hungry. Feed your baby before crying since crying is a late sign of hunger.
- Signs your baby is feeding well:
 - healthy weight gain
 - at least 6 wet diapers per day after the first week of life
 - sleepy or calm after feeding
 - you can see or hear swallowing

When to start solids

- It is too early to start solids, including infant cereal, before 6 months of age. Baby's digestive system is not ready for solid food before then.
- When your baby is going through a growth spurt, breastfeed or provide formula more often and follow hunger signs. Growth spurts can happen around 10 days, 3 weeks, 6 weeks and 3 months.
- At around 6 months of age start looking for these signs to know if your baby is ready for solid foods:
 - can sit up in a high chair
 - opens mouth wide when you offer food
 - turns face away if they don't want food
 - swallows food instead of pushing it out



For more information

Contact your local Public Health Office
Please visit the Public Health website at:

www.gnb.ca/healthypeople



For information on feeding your baby, refer to factsheet:
Feeding your baby: 6 to 12 months

