

Feeding Your Baby

Babies know how much they need to eat. Follow your baby's signs of hunger and fullness to help them grow well.

- Feed your baby when they are hungry
- Stop feeding when your baby is full

Signs that your baby is hungry:

- increased movement during sleep
- bringing hand to mouth
- turning towards the breast

Crying is a late sign of hunger

Signs that your baby is full:

- looking around
- turning away
- ending the feed
- falling asleep

Tips for successful feeding

- Feed your baby when they are calm and awake.
- Keep the feeding relaxed and pleasant. Let your baby focus on eating. Avoid loud noises or quick movements.
- Allow your baby to eat at their own pace.
- Growth spurts are times when your baby is growing quickly and may seem extra hungry and want to feed more. Feed whenever your baby is hungry.

Starting solid foods

- Breastmilk is all your baby needs for the first six months.
- At about 6 months of age, your baby will be ready to start eating solid foods.
- Continue breastfeeding as you introduce new foods.



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