

I Am Look at me, I am a new little person! I am a newborn for about the first 4 months of my life. NEWBORN



You will spend a lot of time feeding me and getting to know me.

- Comfort me, undress me and hold me against your skin.
- At first, you will need to support my head with your hand or arm.

I may begin to:

- Raise my head while I am on my tummy
- Smile and gaze at you during feeding
- Gain good head control
- Discover my hands

When I am hungry, I may:

- Turn my head towards your breast
- Suck on my hands, fingers or lips
- Make fussy sounds

What I can eat:

- Breast milk only
- Iron-fortified infant formula if breast milk is not available

If you watch and listen, I will let you know what I want before I cry. Feed me on demand, when you see that I am hungry.

When I am full, I may:

- Push the nipple out
- Close my lips tightly
- Turn my head away from breast or bottle
- Slow down or stop sucking
- Start noticing other things in the room
- Fall asleep

I should be eating about this much each day:

If my weight is about	If I am only breastfeeding, offer me both breasts	If I am only getting formula, offer me
7-8 pounds	at least 8-12 times/day	2-4 ounces every 2-3 hours or 17-23 ounces in a day
8-10 pounds	at least 8-12 times/day	3-5 ounces every 3-4 hours or 21-26 ounces in a day
10-12 pounds	at least 6-10 times/day	4-6 ounces every 3-4 hours or 24-28 ounces in a day
12-16 pounds	at least 6-10 times/day	5-8 ounces every 3-4 hours or 29-39 ounces in a day