

A Baby's Appetite

How much will my baby eat?

Your baby's appetite can change from day to day.

There will be days when your baby is hungry and wants to eat more.

There will be days when your baby is not as hungry and will eat a small amount.

You can decide when your baby will eat meals.

When your baby starts to eat baby foods, offer 1 to 2 small meals each day.

Around the age of 8 to 10 months, most babies are ready to eat 3 small meals of baby foods each day.

These meals could be at breakfast, lunch and dinner.

Let your baby decide how much food he will eat.

Your baby will tell you when he is full.

Your baby may push the spoon away, turn his head, blow bubbles or start to play. Every baby is different.

Learn how your baby tells you when he is no longer hungry.



Do not force your baby to eat.

Do not push your baby to finish a bottle or eat more baby food than he wants.

Your baby is learning to eat when he is hungry and stop eating when he is full.

If you think your baby is not eating enough food, talk to your health care provider.

Open Wide!

It can take time for your baby to learn to like new foods.

You may need to offer a new food 8 to 10 times before your baby accepts it.

If your baby does not like a new food, try the new food later.

Don't give up!

Smile and talk to your baby when you are feeding him. Let your baby see you and others eating and enjoying a wide variety of foods.

Your baby is learning that eating is fun!

Traveling Babies

You don't have to stay at home when you breastfeed your baby.

You can get out of the house – visit family and friends, go to a park or zoo, go to community fairs and farmers' markets or go shopping.

In fact, traveling can be easy with a breastfed baby.

- You don't have to pack bottles and formula.
- You don't need to worry that the formula may spoil.
- Breastmilk is always ready and at the right temperature when your baby wants to eat.

There are quiet places for breastfeeding:

- Many parks, zoos, shopping malls and restaurants have quiet areas for moms and babies. Some of these rooms even have rocking chairs or comfortable chairs with arms. Thank the manager for having these rooms!
- Find a store with an empty dressing room. Ask to use the dressing room to feed your baby.
- Bring along a small blanket to cover you and your baby while nursing. Place the blanket over your shoulder and baby.
- Wear clothing that can be easily lifted up. Shirts with buttons or that need to be tucked in are more difficult to nurse with. Wear a nursing bra.



Promote and Protect Breastfeeding

If you are comfortable with breastfeeding in public, it's a great way to promote breastfeeding for all babies.

Mothers have the right to nurse, and babies have the right to be fed, wherever they happen to be.



Babies are meant to be breastfed.

- Find a quiet area to nurse your baby. Ask your baby's daddy or friend to sit next to you and help block the view of your baby.
- Plan for short trips away from home. If you do not want to breastfeed while in public, nurse your baby before leaving the house. Bring along a bottle of breastmilk with an ice pack.