

Feeding Tips for 0-6 Months

One of the most important things you can do at this age is to learn and respond to your baby's hunger and fullness signs.

The most common signs that babies are hungry at this age are:

- bringing hands to their mouth
- rooting reflex, which involves turning their head toward anything that strokes their cheek or mouth
- sucking noises
- fast breathing
- clenching fingers
- flexing arms and legs

Did you know?

Babies have a natural ability to control their appetite.

Fussiness doesn't always mean your baby is hungry. It could mean they are wet, too warm or cold, tired, overstimulated, teething, or ill. Some babies have a fussier personality than others.

Your baby will let you know when they are full and no longer want to eat. They might push you away, stop sucking, extend or relax their arms, legs, and fingers, or simply fall asleep.



Create a Pleasant Feeding Environment

- Feed your baby in a pleasant environment where you can interact warmly.
- Avoid distractions while you are feeding your baby—including using your smartphone!

Bottle Feeding Tips

- Pay attention to the size of the bottle you use and remember that your baby does not have to finish the bottle.
- Be attentive when feeding your baby. You should not lean a bottle against a pillow or other support when babies cannot hold the bottle on their own.
- You should not put your baby to bed with a bottle—this can cause choking and is bad for the teeth.