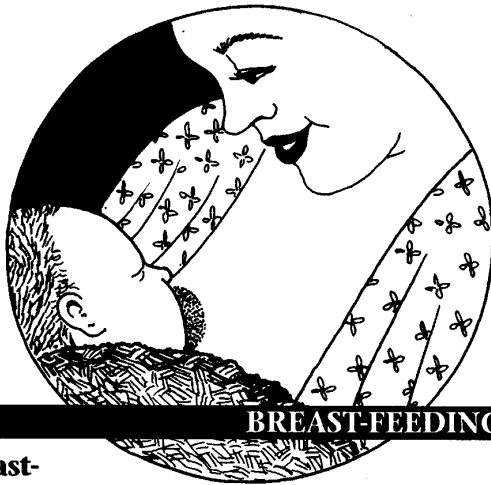




# Feeding Your Baby



## BREAST-FEEDING VS. FORMULA-FEEDING

### Breast-Feeding

- Human milk is the best possible form of food for a baby. It's already balanced and provides needed antibodies.
- Nursing your baby gives you skin-to-skin contact, which is soothing and pleasant for both of you.
- Breast-fed babies may nurse as often as once an hour.
- Breast milk is more easily and completely digestible than formula.
- Breast-fed babies have fewer health problems.
- With breast-feeding, only the mother can feed the baby, unless she pumps and stores her breast milk.

### Formula-Feeding

- Others can help feed the baby more often.
- Formula takes longer to digest than breast milk, so formula-fed babies need to be fed less often.
- Colds and diarrhea are more common in formula-fed babies.
- With formula-feeding, you always know exactly how much your baby is eating.

	What You May Need	Your Cost for One Year
<b>Breast-Feeding</b>	nursing bras, lactation specialist/support, breast pump, bottles, breast shields	\$175-\$400
<b>Formula-Feeding</b>	bottles, nipples, formula	\$1,000-\$2,000
<b>Solid Food</b>	baby food, juice, cereal, utensils, highchair, bibs	\$275-\$550

*Babies begin to eat solid foods in the first year. It's best to wait until your baby is 4 to 6 months old. Feeding solids too early can cause digestive problems or allergies.*

### Burping

If your baby gets cranky during feedings, stop and burp him. Formula-fed babies tend to take in more air than breast-fed babies, so burping after every 2 or 3 ounces can be helpful. If you're breast-feeding, you can burp your baby before switching breasts. If your baby shows no sign of fussing while feeding, you can wait until she's done eating before you burp her. Your baby will probably burp within one or two minutes after eating, but don't force it. Try these methods:

- Hold your baby upright over your shoulder; pat or rub her back gently.
- Hold her upright in a sitting position, leaning slightly forward, with your hand across her stomach and chest, rubbing or patting her back gently.
- Place her face down over your lap and rub or pat her back.