

Your jobs and your baby's jobs with breast- and formula-feeding

To feed your baby best, do your feeding jobs and support him in doing his eating jobs.

- Your job is *what*—deciding - whether to breast- or formula feed.
- Your baby's job is to know, and show you, *how much* (and everything else).

Your baby eats best and feels best about you and about himself when you do what he wants. Don't worry about spoiling him—you can't spoil a tiny baby. Go by your baby's signs that tell you what he wants. Even if his signals are hard to read, be careful not to take over with feeding. Check yourself. Do you share feeding responsibilities with your baby?



You do your jobs and help him do his

- Feed your baby when he is awake and hungry.
- Touch his cheek or lips to let him “open up.”
- Sit still and feed smoothly.
- Notice which sounds and touches let him stay awake and calm.
- Let him stop sucking to rest, “talk,” or burp.
- Let him go back to eating after he pauses.
- Let him eat as much or as little as he wants.
- Stop feeding when he shows he is done.
- Help him to stay awake during the feeding by looking, talking or singing.

You don't help him do his feeding jobs

- Feed your baby on a schedule.
- Push the nipple into his mouth.
- Move around, jiggle the bottle.
- Not notice what he likes and doesn't like.
- Keep trying to feed, or stop the feeding to burp.
- End the feeding when he pauses.
- Try to get him to eat a certain amount.
- Keep trying to feed. Stop before he is done.
- Feed your baby to sleep.

