



New Jersey WIC Infant Feeding Guide



Feeding Your 0-3 Month Old

Newborns have tiny tummies and need to be fed often. Watch your baby's feeding cues. They will tell you when they are hungry and full. In the first few weeks, you may sometimes need to wake your baby to feed.

Feeding Cues

I'm Hungry



Sucking on hands or lip-smacking



Head turning to look for the breast



Opening and closing mouth

I'm Full



Relaxes their body and opens their fists



Turns away from your breast or nipple



Drifts off to sleep

Growth Spurts

All babies will experience many growth spurts in the first year. They can cause your baby to want to feed more often. Growth spurts typically happen when your baby is around **2-3 weeks, 6 weeks, 3 months** and **6 months old**. Growth spurts may not happen at the exact time, and every baby is different. Growth spurts usually last a few days.



2 to 3 Weeks



6 Weeks



3 Months



6 Months

Feeding Your 0-3 Month Old cont.

Breastfed Infants



- Breastfeeding in the beginning is a time when you and your baby are learning. With time, you both will find it easier.
- Newborns breastfeed throughout the day and night about **8-12 times in 24 hours**. They are not on a schedule and love to feed often.
- Whether baby is breastfed or fed pumped breast milk, feed your baby when they show signs of hunger.
- Giving only breast milk for the first month will help you establish a good milk supply for the future.



During a growth spurt your baby may nurse longer and more often. **This is called cluster feeding.**

Formula Fed Infants

When your baby is first born, they only need **1-2 oz. of iron-fortified infant formula at a feeding**. After the first week newborns usually take **2-3 oz. of formula every 3-4 hours**.

6-8 lbs.: 15-20 oz. per day

8-10 lbs.: 20-25 oz. per day

10-12 lbs.: 25-32 oz. per day

- By the end of the **first month**, your newborn may take up to **4 oz. every 4 hours**.
- Feed your newborn whenever they show signs of hunger.
- It is OK if your baby does not drink the whole bottle, let them tell you when they are done.



Paced bottle-feeding allows your baby to tell you when they are satisfied/full. For more information, ask your WIC Nutritionist or Breastfeeding Peer Counselor.



Scan the QR code to learn more about Paced Bottle Feeding by The Milk Mob.

