



New Jersey WIC Infant Feeding Guide



Feeding Your 4-5 Month Old

Before teeth come in, wipe gums with a soft, clean washcloth after each feeding, especially before bed.

Breastfed Infants



- Breastfeed your baby whenever they show signs of hunger. The nutrient content of your milk will adjust to your growing baby's needs.
- When your baby starts teething, they may want to breastfeed more often.
- Babies love to look around at this age. Try a quiet space or darker room to nurse in if your baby is distracted.

1 oz.
per day

Babies usually gain about **1 ounce per day** or **½ lb a week** during the **first six months**.

Formula Fed Infants

4-6 oz.
every
3-4
hours

Your baby needs about **4-6 oz. of iron fortified formula every 3-4 hours**, a total of **25-45 oz. per day**.

Your baby may start to feed on a schedule. Instead of focusing on fixed amounts, let your baby tell you when they have had enough.

