

Did you know...

- You may receive emergency formula a maximum of 6 (six) times before your infant is 12 months old.
- Formula received today will last you approximately 6 to 7 days.
- Your next visit will be on _____ if in need of formula or an emergency.

You must bring the following required information on you next visit to L.I.F.E. Houston:

- Baby ID- Name and date of birth
- Photo ID for caregiver
- Date of WIC appointment (by 2nd visit) if qualified
- Client ID card

Weaning from bottle...

Some babies stop bottle feeding on their own, but some take a little bit more time. To help them out, here are a few tips:

- Feed your baby before putting him/her to bed. Allow baby to drink as much as they want before placing them into bed. Instead of a bottle, give them a pacifier for sleeping.
- Keep bottle liquids to water, formula or breast milk.
- At 6 months, start introducing baby liquids from a zippy cup or regular cup, giving them small sips at a time.
- At 9/10 months of age, replace one to two bottle feedings per day with a zippy cup.
- Around the time baby is 12 months, he/she will be drinking from a cup at most meals and snacks. Encourage only one to two bottle feedings per day at his/her favorite bottle feeding time.

Helpful Numbers...

WIC	1-800-942-3678
United Way Help Line/ Your Texas Benefits	211
Birth Certificate	County 713-755-6438
	City 713-247-1686
Child Support	1-800-252-9600
Battered Women's Hotline	713-528-2121
Housing Authority	713-260-0800
Poison Center	1-800-222-1222
Crisis Hotline	713-468-5463
Car Seat Information	1-800-252-8255
Children's Protective Service	1-800-252-5400
Harris County Social Service	713-696-7900
Houston Food Bank	832-369-9390
Diaper Foundation	713-807-1111
KIDS Meals	713-695-5437



L.I.F.E. Houston

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Web: www.lifehouston.org

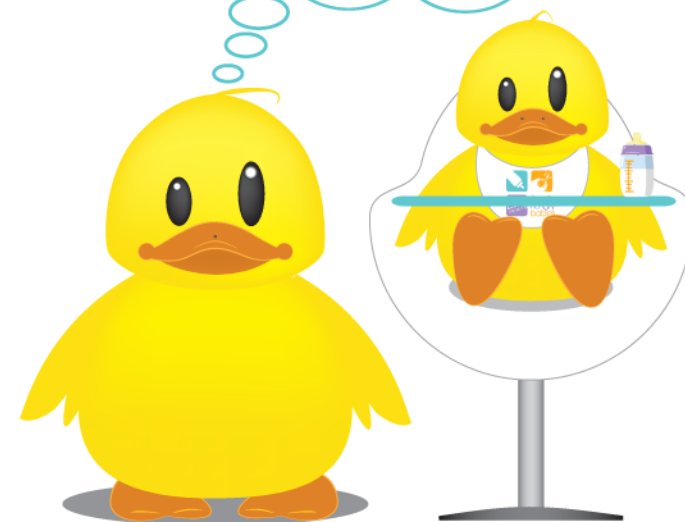
Email: foodforbabies@lifehouston.org

L.I.F.E. Houston is a 501(c)3, tax exempt organization. All donations are considered tax deductible.

Feeding Baby



Addressing your baby's food needs for the first 12 months of life.



About babies nutrition...

new born-1 month

Exclusive Breastfeeding or Formula Feeding

- **BREAST MILK** - every 2-3 hours, or 6-8 feedings per day
- **FORMULA** - every 3-4 hours, or 6-8 feedings per day, 2-3 oz per feeding

1 - 4 months

Every 4-5 hours, or 5-6 feedings per day
6-8 oz per feeding

4 - 6 months

6-8 oz
4-6 Feedings daily
Maximum of 32 oz per day
4 months infant can try cereal
6 months infant is ready for strained vegetables and fruit (single ingredients)

7 - 9 months

6-8 oz
24-30 oz total per day
Stage 2 baby food (strained combination foods)
*Introduce juice at 6 months (Give 3-4 oz of juice with a cup)
**8 months introduce foods that have more texture

9 - 12 months

6-8 oz
3-5 feedings daily
24 oz per day
Stage 3 baby food (complex combination foods)



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About babies activities...

new born-3 months

- Sleeps a lot, but does not really have a schedule.
- Goes through six to ten diapers per day. It is a good practice to change diaper as soon as it is wet or soiled.
- At one month, follows moving faces with my eyes.

4 - 6 months

- Rolls over.
- Grabs things and puts them in mouth.
- Shakes things and listens to the sound they make.
- Recognizes familiar faces, voices and objects.
- Babbles a lot and tries to imitate sounds.

7 - 9 months

- Imitates the sounds heard inspiring learning.
- Sits up and crawls or move forward by scooting.
- Teeth may be coming in. Clean gums and teeth twice a day.
- Keep me safe as I explore my world and our home with my hands and mouth.
- Move toys from hand to hand.

10 - 12 months

- Shake, bang, throw and drop objects.
- Saying one or two words and repeating them often.
- Look at pictures in books and magazines and pay attention when someone reads.
- Love to shake head



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About babies feeding...

new born-5 months

When hungry:

- ◇ Cries
- ◇ Fusses
- ◇ Wakes and tosses
- ◇ Sucks on fists
- ◇ Opens mouth

When full:

- ◇ Seals lips
- ◇ Turns head away
- ◇ Decreases or stops sucking
- ◇ Spits out nipple
- ◇ Falls asleep

4 - 6 months

When hungry:

- ◇ Cries
- ◇ Fusses
- ◇ Shows smiles during feeding
- ◇ Gazes into eyes
- ◇ Moves head towards food
- ◇ Tries to swipe food into mouth

When full:

- ◇ Decrease or stops sucking
- ◇ Spits out nipple
- ◇ Turns head away
- ◇ Gets distracted
- ◇ Stops paying attention

5 - 9 months

When hungry:

- ◇ Reaches towards the food or spoon
- ◇ Points to food

When full:

- ◇ Slows down when eating
- ◇ Pushes food away

8 - 11 months

When hungry:

- ◇ Reaches for food
- ◇ Points to food
- ◇ Gets excited when food is seen

When full:

- ◇ Slows down eating
- ◇ Closes mouth tightly
- ◇ Pushes food away

10 - 12 months

When hungry:

- ◇ Makes words or sounds to show wanting specific foods

When full:

- ◇ Shakes head to say "no more"



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