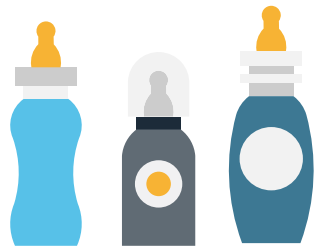


Is Your Baby Drinking THE RIGHT AMOUNT?

It's definitely possible, but these tips from Barbara Marriage, PhD, RD, a pediatric research dietitian with Abbott, will help you keep your baby's food just right. Breastfeeding is the best but if you cannot or choose not to breastfeed, here are some helpful tips for formula feeding your baby.

Start with the guidelines:

Every baby is different, but most infants under six months of age need about **2 to 2.5 ounces** of formula per pound of body weight every day.



Feed on demand:

You might think crying is a sign your baby is hungry, but more likely it's a sign of something else (like a wet diaper).

The **real hunger cues** include rooting, sucking, or putting fingers to their mouth.



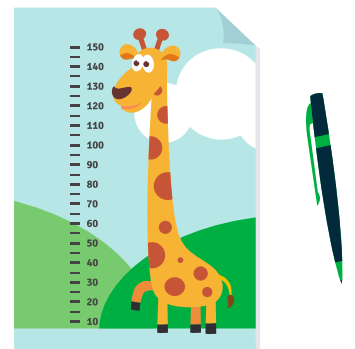
Watch for fullness:

When your baby takes long pauses during feeding or turns his or her head away, it's **time to drop the bottle** for now.



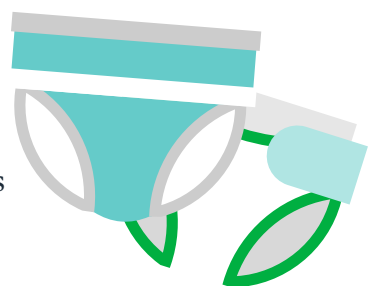
Watch growth:

Track your baby's growth on the **pediatric growth chart** (large fluctuations can be a sign of overfeeding).



Use diapers as a sign:

Your baby can't tell you how they're feeling, but they can show you via their diaper. Babies should have **wet diapers five to six times a day**.



Talk to your pediatrician:

If you're concerned about anything from your baby's feeding or weight, **talk to your pediatrician or dietitian!** They're around to help, and every baby is different.

