



FEEDING MY INFANT: BREASTFEEDING

Breastfeeding

- Human milk is the preferred food for infants.
- Exclusive breastfeeding is advised for the first 6 months of life, as able.
- After 6 months and as an infant starts eating solids, breastfeeding should continue through the infant's first 12 months of life and until it is no longer desired by the mother and infant.
- Breastfeeding does not have to be "all or nothing." Human milk and iron-fortified infant formula feeding can be combined, known as mixed feeding.
- Infants who are exclusively breastfed or mixed fed will need a vitamin D supplement (400 IU/day).
- Infants should typically be fed on demand, when the infant shows signs of hunger, unless medically advised otherwise.

Expressing Human Milk

- "Expressing" is the removal of human milk either by hand or breast pump.
- Expressing human milk can help relieve overly full (engorged) breasts and can provide milk to the infant when mother and infant are apart.

MORE INFORMATION ON EXPRESSING HUMAN MILK CAN BE FOUND AT:
<https://wicbreastfeeding.fns.usda.gov/pumping-and-hand-expression-basics>

Breastfeeding Offers Benefits to Both Mother and Infant

- Breastfed infants have a lower risk of getting some infections and diseases such as asthma, ear infections, and type 2 diabetes.
- For most infants, human milk is easier to digest than infant formula.
- Mothers that breastfeed have a lower risk of getting certain types of breast and ovarian cancers, high blood pressure, and type 2 diabetes.
- Breastfeeding promotes mother-infant bonding.

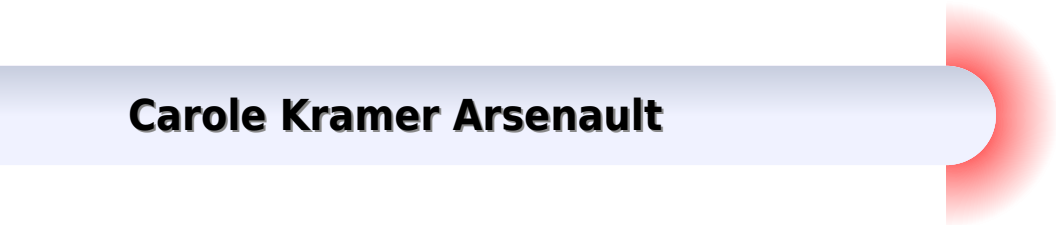


FOR MORE INFORMATION ON INFANT FEEDING CHECK OUT THESE FACTSHEETS:
FEEDING MY INFANT: BIRTH TO 6 MONTHS
Donor Human Milk
Infant Formula
Signs of Hunger/Fullness
Proper Handling/Storage of Human Milk
Introducing Solids (Signs of Readiness)
FEEDING MY INFANT: 6 TO 12 MONTHS
Introducing Solids



My Infant

Carole Kramer Arsenault



My Infant:

Feed Your Infant for Free and Lose Weight Bonya Broadnax, 2018-12-12 The goal of this book is to assist you in enjoying your baby This quick read will be informative motivate and inspire you as you care for your baby This book is also formatted for you to return the book and read sections repeatedly as you encounter situations during the first months and years The Infant's Magazine ,1885 **Obsessive-Compulsive Disorder (OCD) Across the Lifespan: Current**

Diagnostic Challenges and the Search for Personalized Treatment Roseli Gedanke Shavitt, Euripedes Constantino Miguel, Odile Van Den Heuvel, Christine Lochner, Janardhan Y. C. Reddy, Helen Blair Simpson, 2022-10-03 **Newborn 101: Secrets from Expert Nurses on Preparing and Caring for Your Baby at Home** Carole Kramer Arsenault, 2017-05-16 Ever wish you could have a baby nurse at home to answer your most urgent questions around the clock Now you can Carole Kramer Arsenault has spent the last two decades helping parents through pregnancy labor and all of their new responsibilities once baby comes home both as a longtime pediatric nurse and as the founder of the most highly regarded baby care service in New England From the first trimester to the fourth baby's crucial first three months Arsenault and her team of professional nurses have seen it all Now they share their expert advice on Preparing your home including safety tips and must have supplies Easing through labor whether at home or in a hospital Breastfeeding how to flexible feeding schedules and common concerns Baby's essential first days and weeks and the milestones in between Welcoming multiples and caring for preterm babies Techniques for soothing baby to sleep Postpartum self care and getting back to your routine

Child Development Martin J. Packer, 2021-04-07 Every child is born into a community a society with a culture in which they will live grow and develop Cultures lead to differences in children's development but equally important culture is an essential component of every child's psychological development Taking a chronological approach from prenatal development to adolescence your knowledge of developmental psychology will grow with the child To help you in your studies Social cognitive emotional and physical aspects of development are interwoven to help you connect the material You can read case studies from across the globe to enable you to compare cultures Key research studies are highlighted to help you get to grips with the theory You'll be encouraged to Stop and think and engage your critical skills You can also access revision tools online In this new edition we've reduced the number of chapters so it covers only what you need to know and we've added a glossary to help with understanding This textbook is essential reading for undergraduate students taking an introductory course in child development or developmental psychology *How to Maximize Your Child's Learning Ability* Lauren Bradway, Barbara Albers Hill, 2012-05-25 Over twenty years ago Dr Lauren Bradway discovered that all children use one of three distinct ways to grasp and remember information Some learn best through sound and language others through visual stimulation and others through touch In this unique book Dr Bradway first shows you how to determine your child's inherent style She then aids you in carefully selecting the toys activities and educational strategies that will help reinforce the talents

your child was born with and encourage those skills that come less easily Study Guide for Maternal-Child Nursing - E-Book Emily Slone McKinney, Sharon Smith Murray, 2012-10-01 Completely updated content matches the textbook and provides a comprehensive review of essential maternal child concepts and skills Broadribb's Introductory Pediatric Nursing Nancy T. Hatfield, 2003-01-01 This full color revision of LPN LVN level pediatrics text condenses prenatal and newborn coverage and features expanded asthma coverage and care of the well child The text is organized as follows chapters on developmental stages age groups are followed by chapters covering related and common diseases within each stage age group The final unit of the text includes the child with chronic health problems and the dying child New recurring features include Web activities pediatric triage checklists and case studies Connection Website connection LWW com go lpnresources **A complete Body of practical Divinity; being a new improvement of the Assembly's Catechism ... To which are prefix'd some memoirs of the Author's life; with his solemn form of covenanting with God. [With a preface by J. Smith.]** Thomas DOOLITTLE, 1723 **Lexical Concordance to the Poetical Works of Percy Bysshe Shelley** Frederick Startridge Ellis, 1892

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