



## Essential Guide to Baby Feeding

Feeding your newborn is an adventure! Whether you're breastfeeding or bottle-feeding, knowing the essentials can make all the difference. Let's dive into the essentials of newborn feeding and meet their nutritional needs.



Confidence is key. Trust yourself and your instincts during feeding times.

### SECTION 1

#### Breastfeeding

Practice patience as both you and your baby are learning. Remember the importance of vitamin D drops.



Ensure you're comfortable and relaxed during breastfeeding sessions to help milk flow.

### SECTION 2

#### Bottle Feeding

Always sterilize bottles and prepare the formula with precision.



Warm the bottle to body temperature to make feeding more soothing for your baby.

### SECTION 3

#### Frequency

Aim to feed your newborn 8-12 times per 24 hours and respond promptly to their hunger cues. Make sure they don't go longer than 3-4 hours between feeding in the first few weeks of life.



Keep a feeding log to track your baby's intake and ensure they're eating enough.

### Additional Tips

- A fed baby is a healthy, happy baby. Don't stress if you need to combine breastfeeding with formula.
- Rest, stay hydrated, and maintain good nutrition to support milk production if you are breastfeeding.
- Learn and respond to your baby's feeding cues on-demand to foster a comforting feeding experience for you both.