

### IS THE BABY GETTING ENOUGH NOURISHMENT?

A breastfed baby should gain at least 7 ounces each week, wet approximately 6 diapers a day and pass stool 2-3 times in a day. It is important that a baby feeds for at least 5 to 10 minutes to get to the mother's hind milk (hind milk is fattier than foremilk). A healthy one- to two-month old baby will feed 8-12 times a day. Signs of a hungry baby include:

- Crying
- Appearing restless.
- Making sucking movements.
- Bringing hands to the mouth.
- Displaying rapid eye movement.
- Making cooing or sighing sounds.

### WHAT SHOULD BE THE DURATION OF BREAST FEEDING?

Where possible, babies should be exclusively breastfed for the first 6 months after which solid foods can be introduced. The World Health Organization (WHO) recommends breastfeeding up to 2 years of age or beyond.

### DO BABIES NEED ADDITIONAL SUPPLEMENTS?

Babies born prematurely need 2mg/day of iron per kg of weight along with 400 IU of vitamin D per day for the first six months. Full-term babies need 200 IU of vitamin D starting at 2 months of age. All babies need fluoride supplements after 1 year, if they are breastfed and also if the water they drink is not fluoridated.

### DIETARY REQUIREMENTS FOR MOTHERS DURING BREASTFEEDING

A breastfeeding mother needs an extra 500 calories a day along with additional quantities of proteins, calcium, riboflavin, zinc and vitamins (A, C, E, B6, B12). A daily diet of more than 2700 calories per day with two to three liters of fluids is recommended.

### IMPORTANT FACTS ABOUT BREASTFEEDING

- Composition of breast milk changes naturally within the first few weeks of feeding.
- Colostrum milk, which is produced in the first 6 days of feeding, is extremely important for the development of baby's gastrointestinal tract and for the nutritional needs of the baby.
- Transitional milk (rich in proteins and minerals) is produced in the second week, after which nutritionally optimal mature milk is produced.
- Alcohol and medicines pass through breast milk. A mother should abstain from consuming alcohol and consult her physician or pharmacist about her medications before breastfeeding.
- 1 cup of coffee per day is considered safe while breast feeding.



References:

*Pediatric Nutrition Care Manual*. [www.nutritioncaremanual.org](http://www.nutritioncaremanual.org).