

# Baby Feeding Checklist

A baby feeding checklist covering the basics from breast or bottle to first solids.

## Breastfeeding basics

- Feed on cue and watch for early hunger signs.
- Aim for a deep, comfortable latch and switch sides as needed.
- Look for steady swallowing during feeds.
- Stay hydrated and eat regular, nourishing meals.
- Ask about a vitamin D supplement for your baby, per your pediatrician.
- Reach out to a lactation consultant if latching or pain is an issue.

## Formula feeding basics

- Choose an iron-fortified infant formula your pediatrician recommends.
- Prepare and mix formula exactly per the package instructions.
- Clean and sterilize bottles and nipples as advised.
- Test the temperature and never warm formula in the microwave.
- Hold your baby semi-upright and pace the feed gently.
- Discard leftover formula after a feeding to keep it safe.

## Hunger and fullness cues

- Watch for early cues: rooting, lip-smacking and hands to mouth.
- Treat crying as a late hunger sign and respond before then when you can.
- Let your baby set the pace and pause during feeds.
- Notice fullness signs: turning away, slowing down or releasing the nipple.
- Avoid pressuring your baby to finish a bottle.
- Feed on demand rather than strictly by the clock in the early weeks.

## Feeding schedule by age

- Newborns: feed often, roughly every 2 to 3 hours, day and night.
- Around 2 to 4 months: feeds may grow larger and space out a bit.
- Around 4 to 6 months: continue breast milk or formula as the main nutrition.
- Around 6 months: introduce solids alongside milk feeds, per your pediatrician.
- 6 to 12 months: keep milk as the primary source while solids expand.
- Track wet and dirty diapers and growth as signs of enough intake.

## Burping and comfort

- Burp your baby partway through and after each feed.
- Try over-the-shoulder, sitting upright or lying-across positions.
- Pat or rub the back gently to release trapped air.
- Keep your baby upright for a short time after feeding.
- Expect some spit-up, which is common in healthy babies.
- Tell your pediatrician about forceful or frequent vomiting.

## Starting solids around 6 months

- Confirm readiness signs: sits with support, steady head and interest in food.

- Introduce single-ingredient foods one at a time, a few days apart.
- Offer iron-rich first foods, such as fortified cereal or pureed meat.
- Avoid honey before age one and skip added salt and sugar.
- Discuss introducing common allergens early with your pediatrician.
- Always supervise eating and avoid choking hazards like whole grapes and nuts.
- Important: This is general information, not medical advice. Always follow your pediatrician for feeding decisions, starting solids, allergens, and any concerns about your baby's intake or growth.