

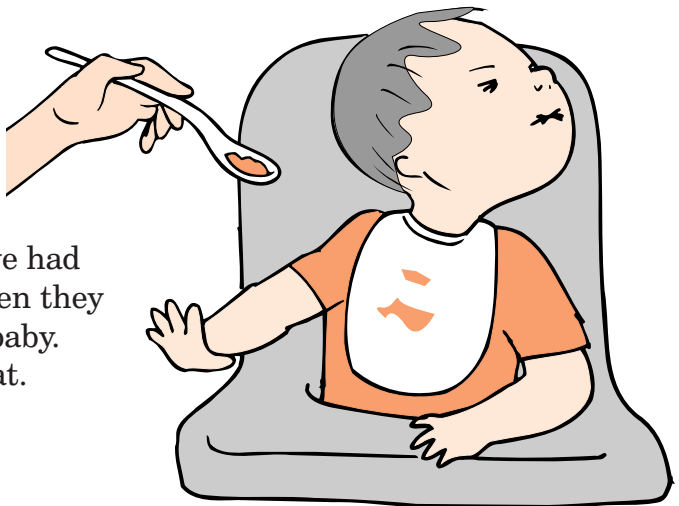


How Much to Feed Your Baby

Healthy babies know how much to eat. They are born that way. Some babies eat a lot. Some babies eat very little. Some days your baby eats more than on other days. Some days babies are more interested in sleeping or playing. This is all normal.

“How do I know how much to feed my baby?”

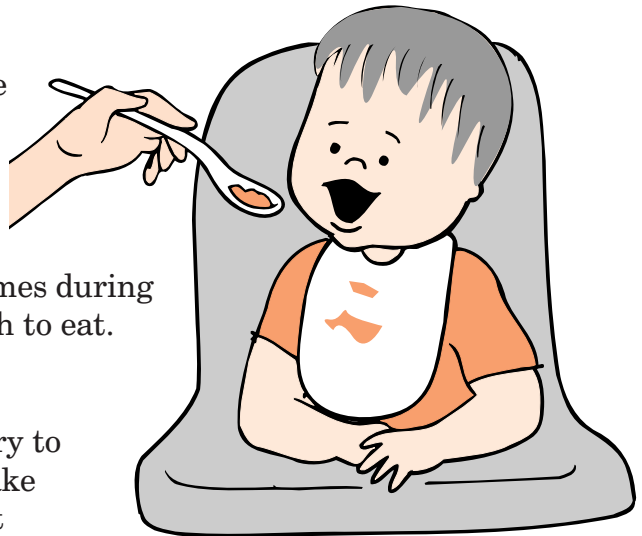
This is part of getting to know your baby. Babies let you know how much they need to eat. They turn their heads or spit food out when they have had enough. They demand more food when they haven't had enough. Listen to your baby. Let your baby decide how much to eat.



“How do I know if my baby is getting enough to eat?”

Your baby will let you know. Babies are probably getting enough when they have a lot of energy, and are usually happy, healthy and well.

A baby's body is usually like the parents'. Smaller parents often have smaller babies. Do not force your baby to eat. Offer healthy food at regular times during the day. Your baby will know how much to eat.



If your baby is upset but not hungry, try to find ways other than giving food to make your baby feel better. This will prevent teaching your baby to fix problems by eating.



“I’m afraid my baby will get fat”.

Babies come in different sizes and shapes. This is normal.
The best way to make sure your baby is a healthy weight is to:

- offer healthy food
- let your baby decide how much to eat
- do not hold back food from your baby
- make sure your baby has lots of chances to be active.

Babies should not have candy, tea, coffee, pop, chocolate, honey or sugar.

When to ask for help

Call the Community Health Centre/Office and speak to the nutritionist: if your baby is a vegan; if your baby has food allergies; if your baby is 9 months and not eating a variety of foods from the four food groups.

Other fact sheets on parenting your toddler
are available at your local Community Health Office/Centre
or online at <http://vch.eduhealth.ca>

For more information, call:

Dietitian services at HealthlinkBC.....8-1-1

or a Community Nutritionist or Public Health Nurse at Vancouver Coastal Health
www.vch.ca

For more copies, go online at <http://vch.eduhealth.ca> or
email pheh@vch.ca and quote Catalogue No. **GK.260.H69**
© Vancouver Coastal Health, September 2010

The information in this document is intended solely for the
person to whom it was given by the health care team.
www.vch.ca