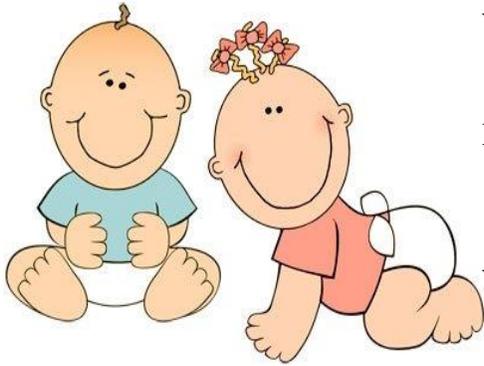


2ND MONTH



WHAT TO FEED

- ❖ Only breast milk and formula are supposed to be fed

HOW MUCH A DAY

- ❖ 4 to 6 ounces per feeding, 5 to 6 times in a day
- ❖ Should be fed about 6 to 8 times a day

WHAT TO AVOID

- ❖ Solid food items should not be given

3RD MONTH



WHAT TO FEED

- ❖ Only breast milk and formula are supposed to be fed

HOW MUCH A DAY

- ❖ Feed your baby every 4 to 5 hours. 20-24 ounces per day.

WHAT TO AVOID

- ❖ Solid food items should not be given

Planning to Breastfeed



Nipple cream
Soothes sore nipples. Ask your midwife to check your baby is latching on correctly too.

Nipple shields
Keep on hand to use temporarily and give sore nipples a break.

Cool gel pack
Ideal for the early days when your breasts may feel uncomfortable.

Breastfeeding scarf
Very useful for discreet feeding on the go.

Breast pads
Wear these inside your nursing bra to avoid damp patches.

Nursing bra
Offers support and helps you feed discreetly.



Guidelines For Storing And Thawing Breast Milk

Room Temperature	Cooler with 3 Frozen Ice Packs	Refrigerator	Freezer
4-6 hours at 66-78°F (19-26°C)	24 hours at 59°F (15°C)	up to 8 days at 39°F or lower (4°C)	up to 12 months 4°F or lower (-18°C)

Thawing: Breast milk can be thawed in the refrigerator in 8-12 hours, under warm water in about 20 minutes, or in a bottle warmer in about 15 minutes. Separation is normal, swirl gently to mix. Do not microwave.

