

Feeding Your Premature Baby

Procedure/Treatment/Home Care
Si usted desea esta información en español,
por favor pídasela a su enfermero o doctor.

Feeding Your Premature Baby

#887

Name of Child: _____ Date: _____

Date	Actual Age	Corrected Age	Developmental Stages and Feeding Skills	Foods	Daily Intake Amounts	Feeding Tips
_____ to _____	_____ to _____ months	0-4 months	Pushes spoon out with tongue Milk may leak from sides of mouth	Breast milk or formula only Baby does not need — extra water — any solids	8-12 breastfeedings or 12-24 ounces of breast milk or formula 2-3 ounces of breast milk or formula for each pound of weight	Nurse or bottle feed baby as baby asks for it (on demand) Wake for feedings only if the doctor says to wake
_____ to _____	_____ to _____ months	4-6 months	Sits with support and good head control Hungry after 8-10 breastfeedings or drinks 32 ounces of breast milk or formula Can sit in a highchair	Add baby cereal that includes iron Start with thinned cereal. Add 1 tablespoon of cereal to 4 tablespoons of breast milk or formula	Breastfeeding or 24-32 ounces of breast milk or formula 2 tablespoons of cereal, twice a day	Start with rice cereal and feed only one new baby cereal each week Can provide mixed cereal after the baby ate each cereal alone for one week

Parents: Please fill in the dates and ages. This helps you get ready to talk to your child's doctor about feeding. The daily amounts suggested are just a guide. Your baby will show you when he or she is ready, hungry, and full.

Date	Actual Age	Corrected Age	Developmental Stages and Feeding Skills	Foods	Daily Intake Amounts	Feeding Tips
_____ to _____	___ to ___ months	6-8 months	Points and reaches for food when hungry Picks up and holds small objects in hand	Add pureed and strained fruits and vegetables At the end of this stage, may eat dinners Offer 100% fruit juice in a cup only (not in a bottle)	Breastfeeding or 16-24 ounces of breast milk or formula 3 tablespoons of cereal, 3 times a day and offer fruit and vegetable each day, too Start with half a jar every day. By 8 months, may have up to 2-3 jars each day.	Start with 1 ounce of juice a day. Give no more than 4 ounces a day If child has loose stools with juice, Mix 1 ounce of juice with 1 ounce of water. Give only 4 ounces a day of this juice and water mix.
_____ to _____	___ to ___ months	8-12 months	Tries to feed self Grabs for and may use spoon to feed self Shakes head to say "no" when is full or doesn't want that food	Add bread, crackers, strained and finely chopped meats, yogurt, and cooked egg yolks	Continue to offer breastfeeding, breast milk or formula several times a day trying new foods	Offer bite-sized portions of peeled fresh fruits and cooked vegetables Does not need infant cereal as long as getting breads and crackers that have iron added



The Emily Center

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Name of Health Care Provider: _____ Number: _____
For office use: Date returned: _____ db nb

Family Review of Handout

Health care providers: Please teach families with this handout.

Families: Please let us know what you think of this handout.

Would you say this handout is hard to read? Yes No

easy to read? Yes No

Please circle the parts of the handout that were hard to understand.

Would you say this handout is interesting to read? Yes No

Why or why not?

Would you do anything differently after reading
this handout? Yes No

If yes, what?

After reading this handout, do you have any
questions about the subject? Yes No

If yes, what?

Is there anything you don't like about the drawings?

Yes No

If yes, what?

What changes would you make in this handout to make it better or easier to understand?

Please return your review of this handout to your nurse or doctor or send it to the address below.

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Thank you for helping us!