



HFNY Safety Tips Feeding Your Baby



Ensuring proper nourishment in a baby's first two years is essential for their safe and healthy growth.

Implementing healthy eating habits from an early age can contribute to positive development in children.

Breast/Chestfeeding

- 1. Proper Latching:** Ensure that your baby has a good latch to prevent nipple pain and damage. A correct latch involves the baby taking in both the nipple and a significant portion of the areola.
- 2. Comfortable Positioning:** Position yourself and your baby comfortably during breastfeeding to reduce the risk of back or neck strain.
- 3. Avoid Smoking and Alcohol:** If you smoke or consume alcohol, try to do so in moderation and avoid it immediately before or during breastfeeding, as these substances can affect your milk and your baby's health.

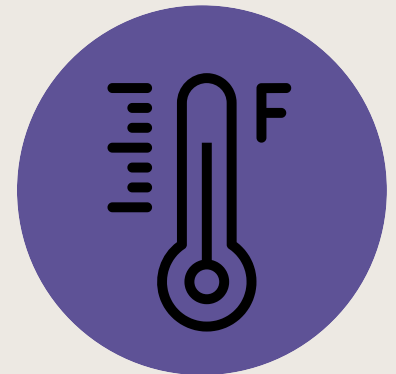


Formula Feeding

- 1. Prepare Formula Safely:** Always follow the manufacturer's instructions when preparing formula, including the correct ratio of formula powder to water and appropriate water temperature.
- 2. Practice Good Hygiene:** Wash your hands thoroughly before handling formula and feeding equipment, such as bottles and nipples. Keep all feeding equipment clean by washing and sterilizing them regularly.
- 3. Feed Responsively:** Pay attention to your baby's hunger cues and feed on demand. Overfeeding can lead to health issues, discomfort, and spitting up. Hold your baby in an upright position while feeding to reduce risk of choking.

Feeding from a Bottle

- 1. Check the Temperature:** Always test the temperature of the formula or breastmilk before feeding. It should be comfortably warm, not hot.
- 2. Choose Safe Bottles and Nipples:** Ensure that the bottles and nipples are in good condition and free from cracks or signs of wear. Select nipples with an appropriate flow rate for your baby's age to prevent choking.
- 3. Supervise Feedings:** Always hold and supervise your baby during feedings. Never prop the bottle or leave your baby unattended while feeding. This not only reduces the risk of choking but also promotes bonding between you and your baby.



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