

Name _____

Period _____

QR Code Fill in the Blank-Feeding Magnets

Bottle

- * Cow's Milk should be avoided until after the babies 1st birthday
- *Formula: mixture of milk or milk substitute

Breast: may be difficult but nurses are available to help

- *Sitting Position: mom sits and babies head is by her elbow
- * Lying Down: mom lays on her side and baby lays facing her
- *Football hold: hold baby like football-good for twins/C-section

Through Breast milk Baby will receive:

- *Colostrum: the first milk to come out it is a thick, yellowish/clear milk that's full of antibodies
- *Nipple confusion: avoid going back and forth between bottle and breast (have a hard time eating)

Bottle Feeding Advantages:

- *allows mom to have a flexible schedule
- * Eliminates concerns for moms diet
- * Babies need to be fed less often

Bottle Feeding Disadvantages:

- * Expensive
- *Does not give baby natural immunities
- *Increases chances of baby developing allergies or infections
- *Time Consuming-cleaning/sanitizing bottles

Breastfeeding Advantages for Baby:

- *Best source of nutrition
- *Provides immunity against disease
- *Creates bond between mom and baby
- * Reduces babies risk to allergies
- *Fewer digestive problems

Breastfeeding Advantages for Mom:

- * Speeds recovery after birth
- *Helps return the uterus to normal size
- *Reduces risk of breast or ovarian cancer
- *Reduces risk of depression
- * FREE

Breastfeeding Disadvantages:

- * Baby needs to eat more often
- *May be painful for the mom
- *Difficult while following a work schedule
- *Pump and Dump (need to throw away breast milk b/c it is not safe for the baby to consume)

Storage things can last:

- *Refrigerator: 5 days (must freeze within 3 days)
- *Insulated Cooler: 24 hours
- *Room Temperature: 4 hours
- *Deep Freezer: 6 months

Storage:

- *Glass or hard plastic
- *Breast Milk Storage Bags place in Tupperware
- * Label everything with the Date and Time pumped
- * Don't add warm breast milk to frozen...you need to cool then add