

Feeding Your Baby

NOURISHING TODAY. BRIGHT TOMORROWS.

Feeding your baby is about so much more than nutrition. It's comfort, connection, and a way to help your baby feel safe and loved. There is no single right way to feed your baby. What matters most is a fed baby and a supported parent.

*Different paths.
The same beautiful destination.*



Breastfeeding

NATURAL SUPPORT
FOR YOU AND BABY

- Provides ideal nutrition and antibodies to help protect your baby.
- Supports bonding and can help regulate your baby's sleep, temperature, and stress levels.
- May lower the risk of certain illnesses, including SIDS.
- Feeding often, especially in the early weeks, helps build your milk supply.
- It's normal for there to be a learning curve. Support is available!



Formula Feeding

A SAFE AND
NOURISHING OPTION

- Provides complete nutrition for healthy growth and development.
- Many babies thrive on formula.
- Offers flexibility and can be shared with other caregivers.
- There are several types of formula. Your pediatrician can help you choose what's best for your baby.
- Feeding your baby with formula is a loving and valid choice.



Combination Feeding

A BLEND THAT WORKS
FOR YOUR FAMILY

- Many families choose to offer both breast milk and formula.
- Can provide the benefits of breast milk while also offering flexibility.
- There is no single feeding plan you can adjust as your needs and your baby's needs change.
- Any amount of breast milk is beneficial.
- Combination feeding is a personal choice, and it can work beautifully.



Feeding Cues

LOOK FOR EARLY SIGNS

- Stirring, stretching, or increased alertness.
- Turning head toward your chest or bottle (rooting).
- Bringing hands to mouth.
- Smacking lips or making sucking motions.
- Crying is a late sign of hunger.

Responsive feeding helps build trust and a secure attachment.



You're Not Alone

SUPPORT MAKES A DIFFERENCE

Whether you're breastfeeding, formula feeding, or doing both, support can make your feeding journey easier.

Talk with your pediatrician about any questions or concerns. Consider connecting with a lactation consultant (IBCLC) for breastfeeding support. Lean on your partner, family, or a postpartum doula for practical and emotional support.

A nourished baby. A supported you. A brighter tomorrow.

Rest easy, I've got tonight covered.