

## Q. Does my baby need vitamin or mineral supplements at home?

A. Preterm babies on formula require Vitamin D for bone growth until they are getting enough in their formula alone (about 750ml to 900ml or 25 to 30 ounces per day). D-Vi-sol, Poly-Vi-Sol or Tri-Vi-Sol are fine. If your baby is formula fed, an iron supplement may not be needed if you are giving your baby the type that says "iron fortified". Some preterm babies (those under 1 kg at birth with very low iron stores at discharge) will be given added iron drops as Fer-In-Sol in addition to the iron in the formula. All breastfed premature babies need iron drops and Vitamin D to meet their needs, as both are low in breastmilk. Babies needs may vary, so be sure to check with your Doctor or Dietitian.

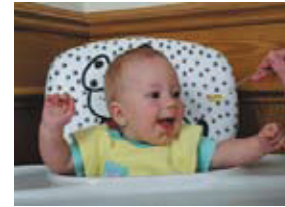
## Q. Who can I call about my baby's growth and feeding after I leave?

A. Your baby's Doctor, who may be a Pediatrician (specialist in treating infants and children), will be following your baby's growth very closely in the beginning and can answer your feeding questions. If your baby was born at or below 1250g (2 pounds 12 ounces), s/he will be scheduled to come back to see the team in the Developmental Follow-up Clinic, which includes a Dietitian. You can contact the Clinic prior to your appointment if you have questions regarding feeding and growth. The Neonatal Dietitian can provide more information about your baby's nutrition follow-up.

If you have further questions  
about your baby's diet,  
contact  
Cindy Ulrich, Registered Dietitian,  
St. Joseph's Health Centre, London.  
(519) 646-6100, extension 65610  
or pager 10291.



## Does my baby need extra water? What about fruit juice?

Breastfed babies do not need extra water. Formula fed babies usually don't need extra water, except during very hot weather, or if fever or diarrhea is present. You can tell if your baby is getting enough fluid if he/she has 6-8 wet diapers a day. Babies get enough Vitamin C from breastmilk or formula and later on from fruits and vegetables. So fruit juice is not important to give your baby. Once baby is interested in taking a cup, a maximum of 4 ounces per day of fruit juice may be given, so that enough formula or breastmilk is also taken. Avoid fruit "drinks" and crystals.



## When should I give my baby other foods?

When your baby is 6 months corrected age, you can begin adding other foods into his/her diet. The first food is usually an iron fortified single grain (rice) baby cereal made very thin with breast milk or formula and fed from a spoon once a day. Foods should not be fed from a bottle so your baby learns how to eat them. Other new foods can be started every 3-5 days when baby is in good spirits, beginning with a teaspoon and slowly working up to a few tablespoons. Always offer your baby breast milk or formula feedings before solids until 9 to 12 months corrected age to ensure good nutrition and growth. Start helping your baby use a cup when he/she can hold things. Wait until your baby is one year of age corrected to switch from breastmilk or formula to cow's milk to reduce the risk of iron deficiency anemia. When you start cow's milk it should be whole milk, not 2% or skim. Do not use reduced fat milks until after age 2.

Age (corrected)	New food introduced	why?
0-6 months	Breast milk or infant formula	Provides good nutrition.  Your baby is not yet ready for solid foods.
6-9 months	 Infant cereals enriched with iron   Strained meats, fish and poultry   Well cooked legumes (e.g. Chick peas, kidney beans)   Cooked egg yolk 1-3 times/week Yogurt (no honey added)   Strained vegetables Strained fruits   Toast Creamed cottage cheese	Provides a dietary source of iron  Provides additional protein, B vitamins and iron  Provides added Iron, protein and B vitamins  Egg white should not be given until 12 months to avoid a possible allergic reaction  Provides additional vitamins and minerals  Introduces new food flavours and textures  For better acceptance, offer vegetables before fruit.  Encourages chewing
9-12 months	 Finely dice or mashed table foods (remove baby portion before seasonings are added) Finger foods	Introduces new textures Encourages chewing, co-ordination and independence Babies born early or who have ongoing medical problems may have more difficulty with lumpier textures. In this case pureed foods should be made thicker and lumpier gradually.
12 months	 Egg white, cooked, whole cow's milk	Earlier introduction of egg white might cause an allergic reaction

# Feeding Your Premature Baby



