

Feeding your newborn

Humana Healthy Horizons® is here to help you give your baby the best nutrition possible. That way your baby thrives and grows! Here are some tips:

What to feed your baby

Breastmilk is the ideal food for babies (with some rare exceptions). Breastmilk can be given to the baby directly from the breast. You can also pump breastmilk and feed with a bottle. It is recommended to breastfeed within the first hour of a baby's life and continue as often and as much as baby wants. The American Academy of Pediatrics recommends breastfeeding exclusively for six months. That means no other food or drinks other than vitamin D. Then you can start adding in healthy foods that are right for their age while you breastfeed for up to 2 years old and beyond.

Infant formula should be used when breastfeeding is not possible.

Vitamin D supplements help your baby absorb calcium and phosphorus. Ask your baby's doctor if you should add vitamin D to your baby's diet.

Newborns should not drink water, juice, cereal or other fluids.

Humana
Healthy Horizons®
in Virginia

When to feed your baby

Watch for the signs your baby is ready to eat.

Early signs:

- Moving hands to the mouth
- Sucking on fists and fingers
- Lip smacking

Later signs:

- Fussiness
- Crying

Feeding your baby during the early signs of hunger makes the process easier for both you and your baby.

Signs your baby is full or needs a break:

- Baby stops sucking
- Baby closes their mouth
- Baby turns away from the nipple or the bottle

Try burping your baby or taking a break before offering more.

Things to consider:

- How much your baby eats may vary. Babies go through growth spurts and may need more food or may want to eat more often.
- You should expect to breastfeed or pump every 2-3 hours.
- Watch your baby more than the clock. Respond to early signs of hunger!

- Look for:
 - Weight gain
 - Wet diapers: 1 wet diaper on day 1 of life; 3 wet diapers on days 2-3; 4-5 wet diapers on days 4-6; 6-8 wet diapers by day 6 (about 1 wet diaper for each feeding)
 - Bowel movements
- Call the doctor if your baby isn't gaining weight, has too few wet diapers, is not passing stools or does not show interest in eating.
- Your pediatrician will weigh your baby at each visit and ask how much your baby is eating. This will help you know if baby's growth is on track.

How to feed your baby:

1. If using a breast pump and/or bottles, make sure all equipment is cleaned before each use. Read the instructions for your pump and bottle.
2. Wash your hands before making bottles or feeding your baby
3. Baby's milk does not need to be warmed before feeding, but if you choose to warm your baby's bottle:
 - Never use a microwave. It causes hot spots that can burn your baby's mouth and throat.
 - Place the bottle under running warm water.
 - Test the temperature. Put a few drops on the back of your wrist before giving it to your baby.
4. If feeding infant formula, make sure:
 - It is not expired.
 - The container is sealed and in good condition.

- It is stored in a cool, dry, indoor place.
 - Once you open the container, use it within one month. Put the date on the lid when you open it.
 - The formula is meant for newborns and not toddlers.
 - The water you mix with the formula is from a safe source.
 - You use the amount of water listed on the instructions.
5. Use quickly or store safely.
- Once you prepare infant formula you must use it within two hours or store in the fridge and use within 24 hours.

HumanaBeginnings® is here to support you. Please call your care manager with any questions or concerns.

Make sure to make and keep your postpartum visits and to call your OB/GYN, midwife, nurse practitioner, or primary care provider with any concerns.

The year after your baby is born is the postpartum period (some people call it “the fourth trimester”). During this time women experience a lot of changes and challenges, physically and emotionally. Please reach out to the HumanaBeginnings team for support!



For more information, visit:

- www.womenshealth.gov/breastfeeding/learning-breastfeed
- <https://www.cdc.gov/infant-toddler-nutrition/about/index.html>

Notice of Availability - Auxiliary Aids and Services Notice

English: Free language, auxiliary aid, and alternate format services are available.
Call **844-881-4482 (TTY: 711)**.

العربية [Arabic]: تتوفر خدمات اللغة والمساعدة الإضافية والتنسيق البديل مجانًا. اتصل على الرقم **844-881-4482 (الهاتف النصي: 711)**.

Հայերեն [Armenian]: Հասանելի են անվճար լեզվական, աջակցման և այլընտրանքային ձևաչափի ծառայություններ: Չանգահարե՛ք՝ **844-881-4482 (TTY: 711)**:

বাংলা [Bengali]: বিনামূল্যে ভাষা, আনুষঙ্গিক সহায়তা, এবং বিকল্প বিন্যাসে পরিষেবা উপলব্ধ। ফোন করুন **844-881-4482 (TTY: 711)** নম্বরে।

简体中文 [Simplified Chinese]: 我们可提供免费的语言、辅助设备以及其他格式版本服务。请致电 **844-881-4482 (听障专线: 711)**。

繁體中文 [Traditional Chinese]: 我們可提供免費的語言、輔助設備以及其他格式版本服務。請致電 **844-881-4482 (聽障專線: 711)**。

Kreyòl Ayisyen [Haitian Creole]: Lang gratis, èd oksilyè, ak lòt fòm sèvis disponib. Rele **844-881-4482 (TTY: 711)**.

Hrvatski [Croatian]: Dostupni su besplatni jezik, dodatna pomoć i usluge alternativnog formata. Nazovite **844-881-4482 (TTY: 711)**.

فارسی [Farsi]: خدمات زبان رایگان، کمک های اضافی و فرمت های جایگزین در دسترس است. با **844-881-4482 (TTY: 711)** تماس بگیرید.

Français [French]: Des services gratuits linguistiques, d'aide auxiliaire et de mise au format sont disponibles. Appeler le **844-881-4482 (TTY: 711)**.

Deutsch [German]: Es stehen kostenlose unterstützende Hilfs- und Sprachdienste sowie alternative Dokumentformate zur Verfügung. Telefon: **844-881-4482 (TTY: 711)**.

Ελληνικά [Greek]: Διατίθενται δωρεάν γλωσσικές υπηρεσίες, βοηθήματα και υπηρεσίες σε εναλλακτικές προσβάσιμες μορφές. Καλέστε στο **844-881-4482 (TTY: 711)**.

ગુજરાતી [Gujarati]: નિ:શુલ્ક ભાષા, સહાયક સહાય અને વૈકલ્પિક ફોર્મેટ સેવાઓ ઉપલબ્ધ છે. **844-881-4482 (TTY: 711)** પર કોલ કરો.

עברית [Hebrew]: שירותים אלה זמינים בחינם: שירותי תרגום, אביזרי עזר וטקסטים בפורמטים חלופיים. נא התקשר למספר **844-881-4482 (TTY: 711)**

हिन्दी [Hindi]: नि:शुल्क भाषा, सहायक मदद और वैकल्पिक प्रारूप सेवाएं उपलब्ध हैं। **844-881-4482 (TTY: 711)** पर कॉल करें।

Hmoob [Hmong]: Muaj kev pab txhais lus, pab kom hnov suab, thiab lwm tus qauv pab cuam. Hu **844-881-4482 (TTY: 711)**.

Italiano [Italian]: Sono disponibili servizi gratuiti di supporto linguistico, assistenza ausiliaria e formati alternativi. Chiama il numero **844-881-4482 (TTY: 711)**.

日本語 [Japanese]: 言語支援サービス、補助支援サービス、代替形式サービスを無料でご利用いただけます。**844-881-4482 (TTY: 711)** までお電話ください。

This notice is available at **Humana.com/VirginiaDocuments**.

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ភាសាខ្មែរ [Khmer]: សេវាកម្មផ្នែកភាសា ជំនួយ និង សេវាកម្មជូនព្រមទាំងផ្សេងៗដ៏សំខាន់
រកបាន។ ទូរសព្ទទៅលេខ **844-881-4482 (TTY: 711)**។

한국어 [Korean]: 무료 언어, 보조 지원 및 대체 형식 서비스를 이용하실 수 있습니다.
844-881-4482 (TTY: 711)번으로 문의하십시오.

ພາສາລາວ [Lao]: ມີການບໍລິການດ້ານພາສາ, ອຸປະກອນຊ່ວຍເຫຼືອ ແລະ ຮູບແບບທາງເລືອກອື່ນ
ໃຫ້ໃຊ້ໄດ້. ໂທ **844-881-4482 (TTY: 711)**.

Diné [Navajo]: Saad t'áá jiik'eh, t'áadoole'é binahjì' bee adahodoonííígíí diné bich'í'
anídahazt'í'í, dóó łahgo át'éego bee hada'dilyaaígíí bee bika'aanída'awo'í dahóló. Kohjì'
hodíílnih **844-881-4482 (TTY: 711)**.

Polski [Polish]: Dostępne są bezpłatne usługi językowe, pomocnicze i alternatywne formaty.
Zadzwoń pod numer **844-881-4482 (TTY: 711)**.

Português [Portuguese]: Estão disponíveis serviços gratuitos de ajuda linguística auxiliar e
outros formatos alternativos. Ligue **844-881-4482 (TTY: 711)**.

ਪੰਜਾਬੀ [Punjabi]: ਮੁਫਤ ਭਾਸ਼ਾ, ਸਹਾਇਕ ਸਹਾਇਤਾ, ਅਤੇ ਵਿਕਲਪਿਕ ਫਾਰਮੈਟ ਸੇਵਾਵਾਂ ਉਪਲਬਧ ਹਨ।
844-881-4482 (TTY: 711) 'ਤੇ ਕਾਲ ਕਰੋ।

Русский [Russian]: Предоставляются бесплатные услуги языковой поддержки,
вспомогательные средства и материалы в альтернативных форматах. Звоните по номеру
844-881-4482 (TTY: 711).

Español [Spanish]: Los servicios gratuitos de asistencia lingüística, ayuda auxiliar y
servicios en otro formato están disponibles. Llame al **844-881-4482 (TTY: 711)**.

Tagalog [Tagalog]: Magagamit ang mga libreng serbisyong pangwika, serbisyo o device na
pantulong, at kapalit na format. Tumawag sa **844-881-4482 (TTY: 711)**.

தமிழ் [Tamil]: இலவச மொழி, துணை உதவி மற்றும் மாற்று வடிவ சேவைகள் உள்ளன.
844-881-4482 (TTY: 711) ஐ அழைக்கவும்.

తెలుగు [Telugu]: ఉచిత భాష, సహాయక మద్దతు, మరియు ప్రత్యామ్నాయ ఫార్మాట్ సేవలు
అందుబాటులో గలవు. **844-881-4482 (TTY: 711)** కి కాల్ చేయండి.

(TTY: 711) 844-881-4482 اردو [Urdu]: مفت زبان، معاون امداد، اور متبادل فارمیٹ کی خدمات دستیاب ہیں۔

Tiếng Việt [Vietnamese]: Có sẵn các dịch vụ miễn phí về ngôn ngữ, hỗ trợ bổ sung và định
dạng thay thế. Hãy gọi **844-881-4482 (TTY: 711)**.

አማርኛ [Amharic]: ቋንቋ፣ አገዥ ማዳመጫ እና አማራጭ ቅርፅ ሆላቸው አገልግሎቶችዎ ይገኛሉ። በ
844-881-4482 (TTY: 711) ላይ ይደውሉ።

Bàsà [Bassa]: Wuḍu-xwíníín-mú-zà-zà kùà, Hwòdǒ-fáńa-nyo, kè nyo-boŭn-po-kà bé bé
nyuεε se wídí péè-péè dò ko. **844-881-4482 (TTY: 711)** dá.

Bekee [Igbo]: Asụsụ n'efu, enyemaka nkwarụ, na ọrụ usoro ndị ọzọ dị. Kpọọ **844-881-4482 (TTY: 711)**.

Òyìnbó [Yoruba]: Àwọn isẹ àtilẹhin ìrànlowọ̀ èdè, àti ònà kíkà mírán wà lárọwọ̀tó. Pe
844-881-4482 (TTY: 711).

नेपाली [Nepali]: भाषासम्बन्धी निःशुल्क, सहायक साधन र वैकल्पिक फार्मेट (ढाँचा/व्यवस्था)
सेवाहरू उपलब्ध छन् । **844-881-4482 (TTY: 711)** मा कल गर्नुहोस् ।