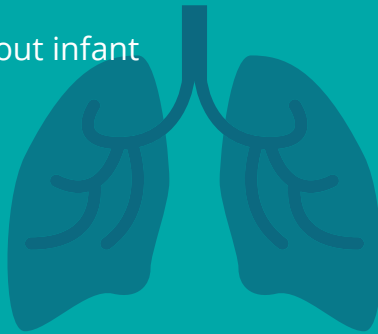


# INFANT FEEDING TOOLKIT RESOURCES

## BREATHING

You can find information about infant breathing here:

[Lung and Respiratory System](#)



## POSITIVE ORAL EXPERIENCES

This short blog, "Positive Feeding", includes helpful tips for making feeding a positive experience for you and your baby.

## FAMILY MEALTIMES

Family meal time is important - for you and for your baby! Learn more here:

[Eat Together Anyway!](#)

[Family Meals](#)

## READINESS

These short videos will help you understand when your baby is ready to eat

[Video 1](#)

[Video 2](#)



## STRESS CUES

Your baby is telling you all you need to know. These resources will help you understand what they are saying.

[Stress Cues](#)

[Feeding Development](#)

## POSITIONING

"The ESL (elevated sidelying) position may support better regulation of breathing during feeding" (Park et al, 2014).

## BREASTFEEDING

Learn all you need to know about breastfeeding your baby in "[Your Guide to Breastfeeding](#)".

## BOTTLE FEEDING

The flow of the milk coming out of the nipple can affect how your baby is feeding. Learn about all different types of nipples and bottles from Dr. Britt Pados [here](#).



## GROSS / FINE / ORAL MOTOR MILESTONES

Your baby will be ready for different types of food depending on their developmental stage.

[Ages and Stages of Feeding](#)

[Big Motor vs Oral Motor Movements](#)

## STARTING SOLID FOODS

Learn about 4-6 month feeding milestones in [this](#) short video.



Doctor Yum Project has tons of great resources including which solids to introduce at what age within your baby's first year.

[1-4 months](#)

[4-6 months](#)

[6-9 months](#)

