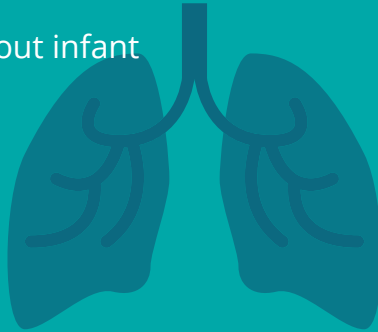


# INFANT FEEDING TOOLKIT RESOURCES

## 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](#)

## 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](#)



## 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

Enroll in [this](#) 1.5 hour "Free Feeding Course with Dr. Britt Pados" to learn how to support your baby with feeding.



## 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](#)

