

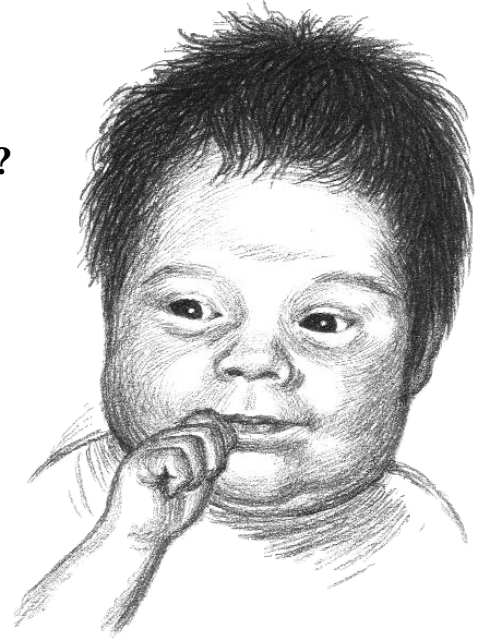
Is your baby too big? Does she eat too much?

Why do you think your baby eats too much?
Why do you think she is too big?
What does her growth chart say?
Does her weight follow close to the same line?

Chances are, there is no problem.

- Some babies are just big, others are small.
- Babies know how much they need to eat.
- Some babies eat a lot, some not so much.
- Eating a lot doesn't mean she will be fat.
- Fat babies slim down as they get older.

Don't try to get your baby to eat less. It scares her and makes her eat more. Instead, feed in the best way. She will eat as much as she needs. She will grow up to get the body that is right for her—big or small, tall or short, slim or chubby.



Here is what to do—and not do—when you feed your big baby:

- **Feed her in the best way. Feed when she wants to eat, as much as she wants.**
Don't go by a schedule for feeding. Don't try to hold her down to a certain amount.
- **Find out what she wants when she fusses. Pick her up, talk with her, change her pants, give her something to look at.**
Don't feed her every time she fusses rather than seeing if something else is the matter.
- **Look and talk. Be easy-going while you feed. Let her rest, then eat more.**
Don't ignore her. Don't talk too much. Don't be pushy.
- **Let her end the feeding when she is ready.**
Don't end the feeding when she stops to rest or talk.
- **Keep your nerve; let your baby grow *her* way.**
Don't try to get her to be smaller or slimmer than is natural for her.

If you have trouble feeding in the best way and trusting your baby to grow well, ask for help from a dietitian or other health worker who understands feeding.

