- Body comfort/ rocking/ patting; swaddling with a blanket like a burrito; change diaper if needed.

INFANT NUTRITION: BREAST MILK VS. FORMULA
- Energy needs of an infant is twice those of adults
- 25-40% of caloric intake is devoted to growth; a lot of little small meals.
- Breast milk recommended for first 6 months exclusively, 1 year before trying foods.

Advantages of breast milk:
- 1. Correct balance of fat and protein; higher in fat, lower in protein
- 2. Nutritional completeness; do not need to add anything to breast milk; formula can cause more constipation from too much iron.
- 3. Protection against disease
  - breast-fed babies have fewer respiratory and intestinal illnesses; fewer infections
- 4. Digestibility- way easier
- 5. Breast milk offers a smoother transition to solid foods; newborn gets used to different tastes because depending on what the mom eats, her breast milk can vary in taste.
- 6. Convenience: it’s cheaper, more immediate, safer.

For mother:
- Mothers who breastfeed have weight loss, and breast cancer protection.

WHY IS FORMULA CONSIDERED?
- Medical reasons: some mothers are not able to breastfeed
- Historical trends: last 100 years has formula even been available; became the thing to do/ modern.
- Societal structures and barriers

BABY GROWTH IN THE FIRST TWO YEARS
Body grows more rapidly than any other time after birth.
- Infants grow in spurts
- Infants plump up and fill out- baby fat
- Infants grow unevenly. Different body parts grow at different rates.