

# UNDERSTANDING FEEDING IN THE EARLY YEARS: *Infant Feeding in Nova Scotia*

The median age of  
breastfeeding  
cessation was

**3 months**

IQR = 7

The mean age of cow's  
milk introduction was

**10.9 ± 2.8**

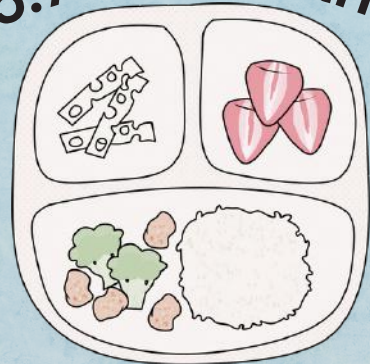
**months**

**88%**

of those who introduced  
cow's milk fed 3.25% milk



**5.7 ± 1 months**

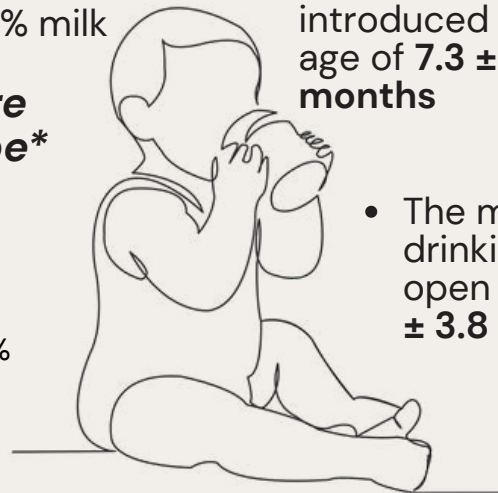
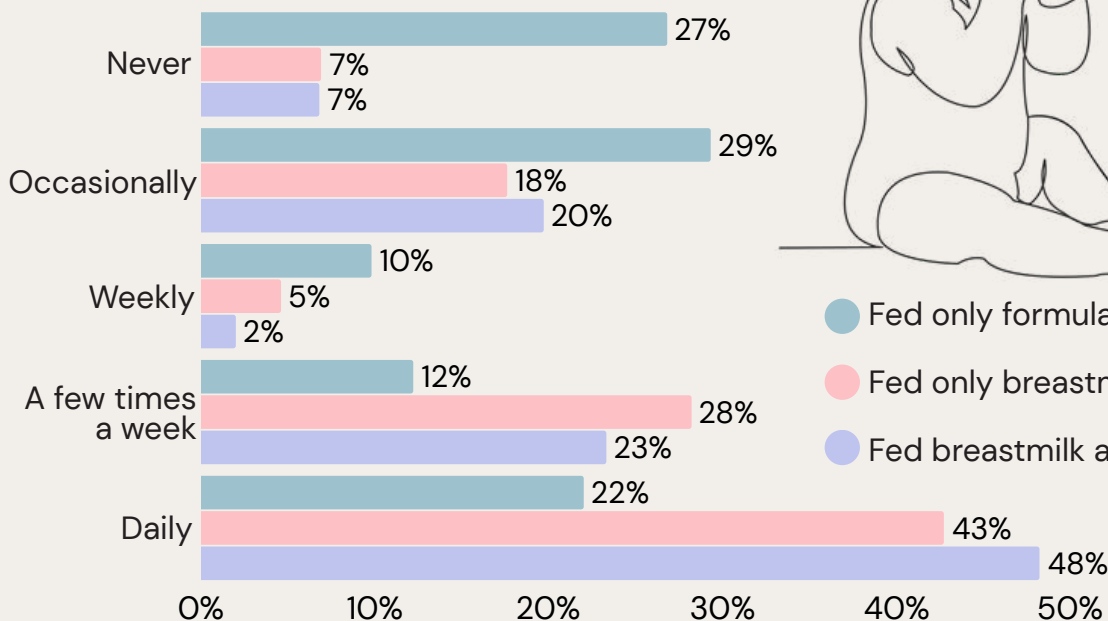


Mean age of solid  
food introduction

- A variety of food textures were introduced at a mean age of **7.3 ± 2.1 months**

- The mean age of drinking from an open cup was **8.9 ± 3.8 months**

**Frequency that vitamin D drops were  
given in the first year by feeding type\***

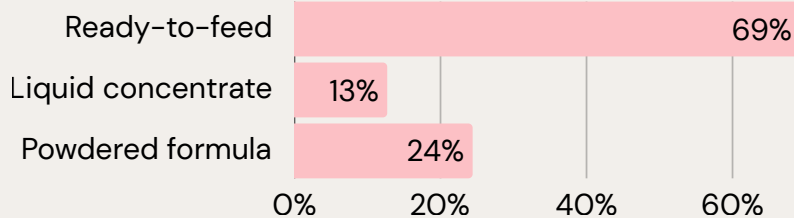


- Fed only formula
- Fed only breastmilk
- Fed breastmilk and formula

\* Only amongst babies  
older than 12 months  
(n=421)

# Formula Feeding Practices in Nova Scotia

## Types of infant formula introduced in the first two months (n=837)\*



\* Respondents could select all that apply.



## 24%

of respondents who fed both formula and breastmilk used specialty formulas to some extent.

## 1 in 3

respondents who fed both formula and breastmilk had difficulty finding formula in stores near them.



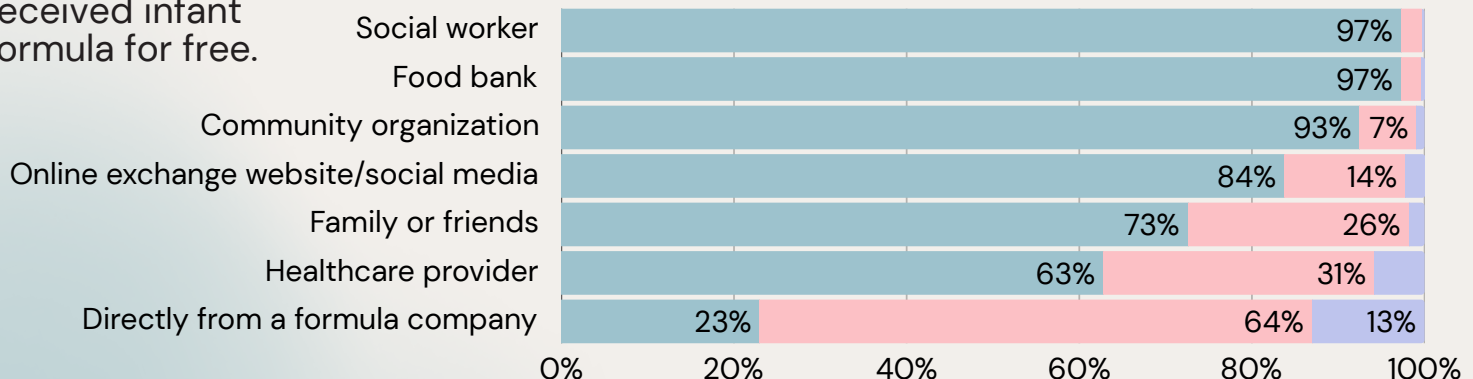
## 58%

of respondents who fed both formula and breastmilk received infant formula for free.



## Where respondents received free formula from†

● Never ● Sometimes ● Often



† Number of responses range from 440 – 451 based on question. Percentages may not add to 100 due to rounding.

Visit [fedfamilylab.acadiau.ca/ufey](https://fedfamilylab.acadiau.ca/ufey) for more information about this study, conducted in 2022.



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