

Feeding safety

1. Your baby should be held during feeding times. Bottles should never be propped as your baby may choke.
2. Even when your child is able to control the bottle she/he should never be allowed to go to bed with the bottle. This may lead to a condition called baby bottle caries. This is extremely harmful to the child's baby teeth and can lead to problems later with permanent teeth.

Introducing solids

When your child is four to six months of age you may begin the introduction of solid foods. For breastfed babies, exclusive breastfeeding for 6 months (avoiding solids until 6 months) may decrease the possibilities of food intolerance, allergies, obesity, and diabetes.

General Guidelines

1. Solid foods should be given by spoon. Only introduce one new food at a time. Try the same food for 2 to 3 days to monitor for food allergies.
2. Iron fortified cereal is the best food to introduce first, and then keep giving that daily while adding other foods.
3. Introduce plain single foods rather than combination foods when you first start, and then give combinations later. Example: begin with plain peaches rather than peaches with blueberries. This enables you to monitor for allergies.
4. Avoid baby desserts. Your child does not need the extra sugar or calories.
5. Do not heat the baby food in a microwave oven (they heat unevenly and leave hot spots).
6. Do not feed your baby directly from the jar if you plan to use the unused portion of the jar for a second feeding. Bacteria from the baby's mouth will contaminate the food. The unused portion may be refrigerated and used within 24 hours.
7. Baby food should be served at room temperature.
8. Starting at 6 months of age, ask us about introducing ½ tsp of creamy peanut butter or peanut butter powder (PB2) twice weekly to prevent peanut allergy. It can be mixed into other foods to give easily. (If your child has a severe eczema or a family history of peanut allergy ask us about introduction at 4 months.)
9. You may introduce smashed egg yolk after 6 months of age and scrambled eggs once your child is able to take finger foods.
- 10. Notify us if there is any rash with peanut butter or egg.**
11. Do not give your baby honey until 1 year of age due to the risk of botulism.

Making your own baby food

Preparing your own baby foods can be less expensive. When you buy baby foods you are paying for someone else to prepare them. If you make your own baby food in a baby-food grinder or electric blender, be sure to add enough water to get a consistency that your baby can easily swallow. For individual portions, pour these homemade baby foods into ice cube trays, freeze them, then remove them and store them in plastic freezer bags.

There are several food that are better purchased rather than making your own until 9 months of age due to high nitrate content, including **squash, beets, spinach, carrots, and collard greens**. These are tested for nitrate by baby food manufacturers.

Infant Feeding Schedule

This is a general guide for feeding your baby. Do not worry if your baby eats a little more or a little less than this guide suggests.

Food Type	0-4 Months	4-6 Months	6-8 Months	8-12 Months	Instructions/ Feeding tips
Breast Milk	6-8 times daily	4-6 times daily	3-5 times daily	3-4 times daily	6 to 8 wet diapers a day is a good sign your baby is getting enough.
Formula	12-32 oz.	20-26 oz.	20-26 oz.	16-20 oz.	Do not microwave or prop the bottle. Hold your baby and feed. Do not force your baby to overeat.
Cereal (Oatmeal, Barley, or Rice)		1-4 Tbsp daily	4-6 Tbsp daily	4-6 Tbsp daily	Do not put cereal in a bottle. <i>If exclusively breastfeeding wait to start solids until 6 months of age for multiple health benefits (see reverse).</i>
Strained Fruit/Vegetable (Apple, banana, peaches, pears, strawberries, peas, squash, carrot)		4-6 Tbsp daily or ½ jar daily	4-12 Tbsp daily or ½ to 1 jar daily	9-12 Tbsp daily or 1 jar daily	Start one new fruit/vegetable at a time. Wait 2 to 3 days between each new food to monitor for allergy. Do not heat solids in the microwave. Usually babies do best with strained foods to start. See below for table foods.
Strained Meats (Turkey, pork, chicken, beef, and dried beans)			½ jar daily	1 jar daily	
Whole grain Crackers/Bread				1-2 times daily	
Yogurt			Offer ¼ to ½ cup daily		
Water		4 oz.	4 oz.	4 oz.	Try using cup at 6-8 months old. <i>Skip juice unless you need it for your child's constipation.</i>
Table Foods					Begin table food when your child can feed themselves, sit, and crawl, usually at 8-9 months of age. Start with finger foods that dissolves in their mouth and soft chunky foods.
Be careful with meat that requires chewing. Other choking hazards include hot dogs, grapes, nuts, seeds and popcorn - wait until 3-4 years to eat them whole.					

After your baby's first birthday:

- You may give whole milk instead of formula.
- Continue to have meals and snacks in high chair or at the table.
- Do not allow your child to walk or graze with food.

A sample feeding schedule:

Food type	Breakfast	Lunch	Dinner
Cereal	X		X
Fruit	X		X
Vegetable		X	X
Meats		X	