



## **Infant Feeding Instructions**

### **Up to 4 Months of age: Breast milk or formula.**

Feed on demand or every 3-4 hours. Do not waken your baby for feedings unless over 5 hours. Do not give juices at bed time (can cause cavities).

### **4-6 Months of age: Introduction of solids.**

(Baby develops ability to swallow non-liquid foods and nutritional needs to increase). Start with rice cereal. Make it pasty with formula, breast milk, or water. Start with 1-2 tablespoons (dry cereal) once a day (many mothers prefer nights), gradually increase as tolerated. Please feed with a spoon and do not put cereal in the bottle. Cereals may have to be started earlier if the baby is not gaining weight satisfactorily. Try to avoid oatmeal, wheat, and mixed cereals until 6 months of age. Giving cereal will not necessarily help a baby sleep through the night and should not be given before 4 months of age for this reason.

### **5-8 Months of age: (Solids-twice a day pattern)**

Start with Stage 1 foods. Once introduction of all foods in Stage 1, advance to Stage 2. Stage 2 has meats in them and it is ok to give combined with fruits and vegetables. Stage 3 foods have chunks and often the child is not ready to eat them until 8-9 months. If making your own baby goods, just mash them until no chunks and freeze in ice cube trays. Do not add butter, salt, etc. It is ok to freeze into individual portion sizes in freezer bags.

**Vegetable:** (2-6 weeks after starting cereal) Give strained peas, string beans, spinach carrots, sweet potatoes, and squash. Etc. (Alternating green vegetables with orange vegetables is suggested).

**Fruits:** (2-6 weeks after starting vegetables or cereal) Give cooked strained applesauce, prunes, peaches, pears, apricots, ripe bananas (mashed and thinned with formula or breast milk), etc.

Start either vegetable or fruit with 1-2 tablespoons a day and gradually increase. Do not try two new varieties in 1 week, so it will be easier to “figure it out” if the baby develops intolerance or rash with any one kind of food. For the same reason, do not try mixed

vegetables, etc. before you try all its ingredients individually. Become a good label reader so you become aware of all the ingredients (as well as additives and fillers) your child is getting.

Do not feed vegetables and fruit from the jar-remove amount needed and then may refrigerate the remainder for later.

### **9-12 Months: (“Weaning period”; three meals a day)**

**Meats:** Give strained beef, liver, chicken, turkey, or pork one at a time watching for allergies. Start with 1 tablespoon (may be mixed with formula or milk); gradually increase to 1/3 to 1/2 jar/day. Often you can start with canned turkey or chicken because soft and moist and is easier to tolerate. Make sure small bite sized pieces.

**Egg yolk:** Should be crumbled and may be added to cereal and vegetables. 1/4 of yolk is a good quantity to start with and may be increased to a whole yolk, usually at breakfast feeding. One whole egg can be given by 1 year of age.

**Milk:** It is ideal to wait until 12 months of age. Milk contains no iron and children can become anemic if switched to regular milk before he/she is on a wide variety of table foods, usually after age 1.

**Other:** (Soft, chewable and small quantity-mashed with fork) or junior foods “Adult” may be given instead of strained foods. Snacks (finger foods)-dried breads, toast, Zwieback, potato (mashed), crisp bacon, raw peeled apple slices, puddings with milk, cubes of cheese, dry Cheerios or Kix may given. Avoid “teething biscuits”-hard and thick-may break-off and choke.

**Precautions:** Make the above changes gradually and do not make more than two changes in 1 week.

Do not feed hard food like candy, peanuts, popcorn, hot dogs, etc. because of the danger of choking.

**Meal Plan:** Breakfast: Fruit, cereal, egg yolk, and formula  
Lunch: Vegetable, meat, and formula  
Dinner: Cereal, vegetable, fruit, and formula

**Juice:** No more than 4-5 oz of juice in a day and *for constipation only.*