



FOR YOUR BABY * BIRTH TO 8 MONTHS OLD

- Breast Milk or Formula?
- How Fast Will Baby Grow?
- Getting Ready for Solids
- Let Your Baby Listen to You
- Baby's Solid Food Record
- Sample Menu

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Breast Milk or Infant Formula?

Breast milk or *iron-fortified* infant formula has everything your baby needs until 6 months of age. Most babies will drink about this much each day (24 hours):

AGE	0 MONTH	1-2 MONTHS	2-3 MONTHS	4-5 MONTHS	5-6 MONTHS
WEIGHT RANGE	5½ to 12 lbs.	6½ to 14½ lbs.	7 to 16½ lbs.	10½ to 20 lbs.	11½ to 21 lbs.
BREAST MILK	on demand 8-12 times	on demand 7-10 times	on demand 6-9 times	on demand 6-8 times	on demand 6-8 times
IRON FORTIFIED FORMULA	on demand 14-31 oz.	on demand 16-38 oz.	on demand 20-43 oz.	on demand 22-46 oz.	on demand 24-49 oz.

Breast milk is recommended for at least the first year of life, and exclusive breastfeeding is strongly recommended for the first four to six months.

How Fast Will Baby Grow?

- Baby will have many growth spurts during the first year. (You can tell she's having a growth spurt when she eats more at a time, or eats more often.)
- Birthweight usually doubles at about 5 months.
- Birthweight usually triples by baby's first birthday.



Vermont Department of Health

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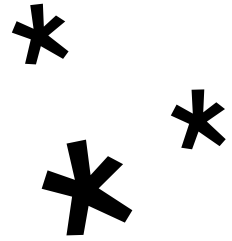
4-6
months

Getting Ready for Solids

By 6 months, most babies will show signs that they are ready to start solid foods. Begin introducing solids from a spoon when your baby is developmentally ready. Watch for these signs and write in the date that you first see them.

- Sits up with support _____
- Holds head steady _____
- Reaches for objects and holds on to them _____
- Stops pushing tongue out when lips are touched _____
- Opens mouth for spoon, closes mouth over spoon and begins to swallow _____

If your baby is not showing these signs by 6 months, talk to the nurse or doctor at your next visit.

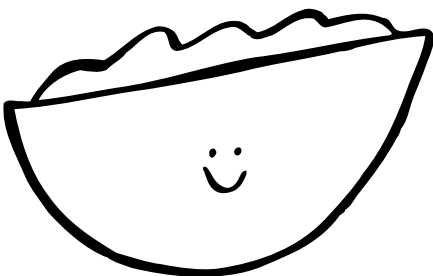
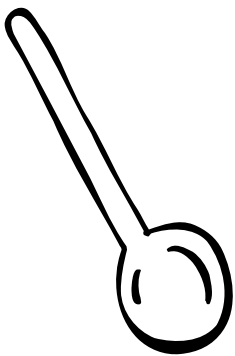


4-6
months

Starting Cereal

Around 6 months, your baby will need extra iron to grow. Iron-fortified infant cereal is the best choice. Rice cereal is best to start with, because most babies can eat it without any problems.

- Chose a feeding time when baby is happy, and just give half the usual amount of breast milk or formula. (Hold your baby in your arms—babies do better when they feel safe.)
- Start with equal parts cereal and liquid, increase thickness as baby desires.
- Offer 1–2 spoonfuls of cereal and watch baby’s reaction. She’ll let you know if she’s ready for more.
- Take it slow, be patient, and let your baby take the lead.
- Offer the other breast or the rest of the formula, and end the feeding on a happy note.



Baby will eat about this much each day:

- By 6 months: 3–5 tablespoons prepared cereal
- 6–9 months: 4–10 tablespoons prepared cereal

Vegetables & Fruits

6-8
months
& on

Solid foods will begin to replace some feedings, but they can't replace all the nutrients provided by breast milk and iron-fortified formula.

Many people introduce vegetables and fruits between 6 and 8 months, after baby has learned to eat cereal.

- Offer one new vegetable or fruit a week. Watch for any allergic reaction, such as rash, diarrhea, runny nose, wheezing, itching, or swelling of mouth, lips or tongue.
- Offer 1 teaspoon of vegetable or fruit to start.
- Start with strained or pureed vegetables and work toward a thicker mixture with a few lumps. Once baby has tried a number of vegetables and fruits, then try different textures.
- Next, try vegetables mashed with a fork, and then soft pieces of cooked vegetable that can be eaten with a spoon or fingers.
- At 6 months, baby can begin to learn to drink water from a cup. Drinking from a cup is an important skill and can help prevent tooth decay that occurs from too much bottle use. Between 6 and 8 months, your baby can drink up to 2-4 ounces of water or juice a day. (You can get juice from WIC after baby is 6 months old.) Work towards the goal of weaning your baby to drinking only from a cup by 12 to 15 months.
- Wait to offer citrus fruits and juices until after 9 months because your baby could get a rash if given citrus earlier.
- Wait to offer **honey** until **1 year**, as your baby can get very sick from the bacteria that may be in honey.

Let Your Baby Listen to You

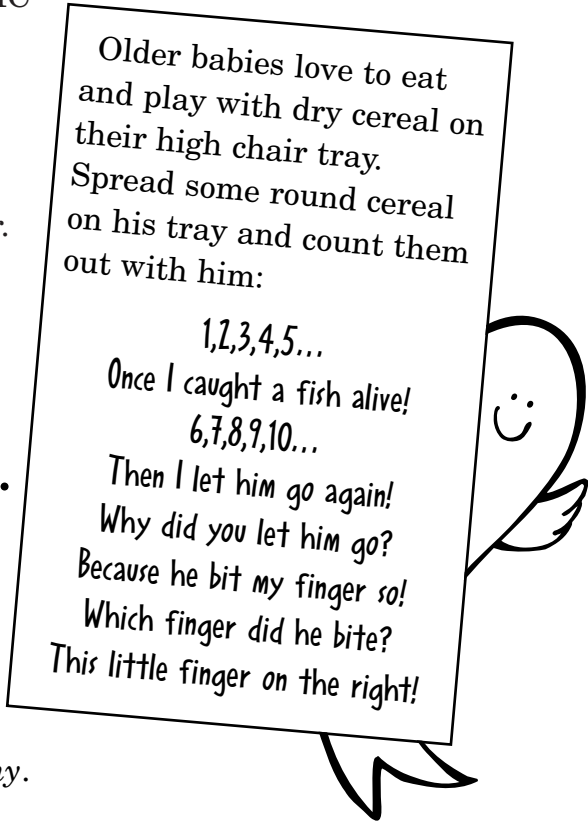
Read, talk and sing to your child. He may not know the words, but he will love the sound of your voice!

This will help him to learn better when he is older. Mealtime is a great time to talk to your baby. Tell him that his applesauce is *cold* and *sweet*. The carrots in his bowl are *warm*. The cereal on his tray is *round* and *crunchy*.

Protein Foods

around
8 months

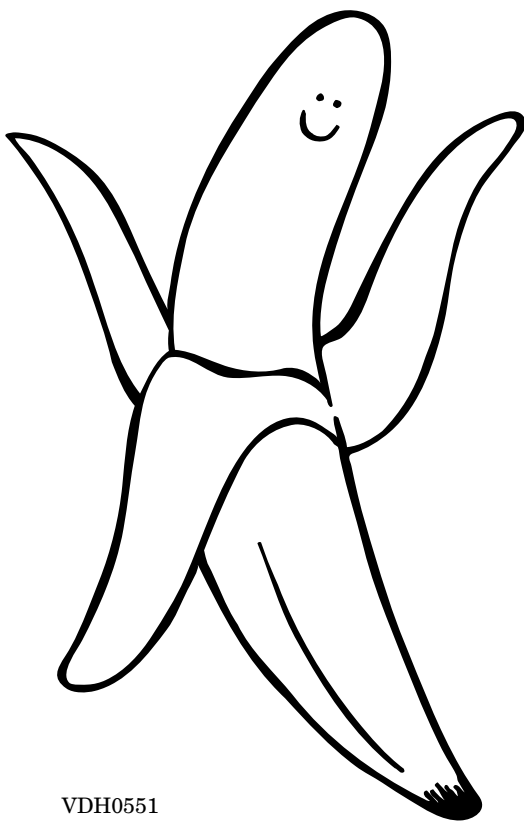
- Meats, beans, lentils, egg yolks, yogurt, tofu and cottage cheese
- Offer 1 new protein food a week.
- Offer 1 teaspoon to start increasing to 2 tablespoons twice a day.
- Start with strained mashed meats, legumes, etc.
- Wait to offer **egg whites** until **1 year**, as they may cause an allergic reaction.



Baby's Solid Food Record (post on your refrigerator)

	date started	notes
4-6 months	rice cereal	
	oatmeal	
6-8 months	winter squash	
	sweet potatoes	
	carrots	
	peas	
	spinach	
	green beans	
	other vegetables	
	applesauce	
	peaches	
	plums	
	banana	
	other fruits	
	juice from a cup	

Sample Menu 6-8 months



Breakfast

- Rice cereal (infant, iron-fortified) made with breast milk, formula or water, 1/4 cup
- Banana, ripe, mashed, 2-3 tablespoons
- Breast milk or iron-fortified formula, 8 oz.

Mid-morning snack

- Toast, whole grain, 1/4 slice
- Apple juice, 2-4 oz. (from cup)

Lunch

- Yogurt, 1-2 tablespoons
- Winter squash, pureed, 2-3 tablespoons
- Pears, strained or cut up, 2-3 tablespoons
- Breast milk or iron-fortified formula, 6 oz.

Mid-afternoon snack

- Dry cereal, 1 tablespoon
- Water from a cup

Dinner

- Oatmeal or cereal (infant, iron-fortified), made with breast milk, formula or water, 1/4 cup
- Peas, pureed or mashed, 2-3 tablespoons
- Breast milk or iron-fortified formula, 6 oz.

Evening snack

- Breast milk or iron-fortified formula, 8 oz.