

FEEDING INSTRUCTIONS

0-4 Months

Breast milk or formula only. Up to 32 ounces of formula daily.

About 4-5 months

Begin rice cereal mixed with breast milk or formula. This should be fed with a spoon (not mixed in a bottle). Mix cereal and liquid until desired thickness is achieved. Amount your baby takes will vary. Begin with a few teaspoons at a time. Start with one feeding a day (usually around dinner time.) After 2-3 weeks add other cereals (Oatmeal & Barley). Then gradually introduce stage one baby foods (one at a time, no more often than every 4-5 days.)

About 5-6 months

Begin all 1st foods. After you have introduced all varieties of fruits and vegetables, progress to 2 meals a day. Avoid too many yellow vegetables and some fruits (peaches) as they may cause the skin to turn yellow (not the eyes.) Introduce new vegetables like fruits and cereals no more often than every 4-5 days so as to discern any allergic reactions.

Never buy “desserts” so as to guard against developing a “sweet tooth.” If a food is not tolerated or liked discontinue it and try it again in a few weeks.

6-7 Months

Progress to stage 2 foods including meats. Progress to 3 meals a day. Table/finger foods may be added once the baby has a few teeth. Start with Zwieback cookies, frozen bagels, etc. You may introduce table foods that have been pureed or chopped. NEVER ADD SALT TO BABY’S FOOD. Decrease formula to 24 ounces daily.

8-12 Months

Progress through 2nd and 3rd foods to table foods, continue formula through 12 months. Decrease volume to 16-18 ounces daily. Introduce a sippy cup. Goal to wean baby by 12 months.

Under 1 Year of Age

AVOID introducing highly allergic foods such as EGGS, CITRUS FRUIT, STRAWBERRIES, NUTS, HONEY AND FISH.

12-24 Months

Progress from formula to whole milk (16-18 ounces daily.) Use whole milk until age 2 years, then may switch to skim milk. May introduce yogurt and cheese.

Vitamins

Exclusively breast fed infants need TriViSol. If still exclusively breast fed at 6 months change to TriViFlor. Toddlers do not need vitamins unless parents are very concerned about lack of variety in diet. May use a chewable multivitamin without iron.

REMEMBER: There is nothing scientific about feeding an infant. The readiness of a baby is very individual. Relax and let nature work. Watch snacks! Make meal time a pleasant experience and not a war.