



FEEDING SCHEDULE

(NO SOLIDS NECESSARY UNTIL THREE TO FOUR MONTHS OF AGE!)

SIGNS TO LOOK FOR INDICATING SOLID FEEDING READINESS:

1. CHILD IS OVER 13 LBS, OR HAS DOUBLED THEIR BIRTH WEIGHT (IF NOT BORN PREMATURELY)
2. CHILD HAS GOOD HEAD, NECK AND TRUNK CONTROL
3. CHILD OPENS MOUTH WHEN YOU PUT A SPOON/FORK TO THE MOUTH
4. CHILD IS DRINKING MORE THAN 32 OZ OF FORMULA PER DAY OR BEGINS WAKING UP AT NIGHT OR CRIES AFTER BREAST FEEDING (ACTS STILL HUNGRY)

4 - 6 MONTHS

- BEGIN USING RICE CEREAL AND MIX WITH WATER, FORMULA OR BREAST MILK. THE FIRST FEEDING SHOULD BE VERY LIQUIDY.
(Try one tablespoon per ounce of liquid. Use a spoon and feed 30 to 60 min. after the formula/breast feeding.)
- AS THE CHILD BEGINS TO HANDLE FOOD BETTER, YOU MAY THICKEN UP FEEDS TO THE CONSISTENCY OF STAGE 1 BABY FOOD. AFTER THE CHILD DOES WELL WITH THIS, YOU MAY INTRODUCE A NEW STAGE 1 FOOD EVERY TWO TO THREE DAYS.
(If there is vomiting, diarrhea, or rash, stop using that food for several weeks.)
- STAGE 1 FOOD INCLUDES: OATMEAL, BARLEY, CEREAL, AND VEGETABLES AND FRUIT
- A DAILY LIQUID MULTIVITAMIN IS RECOMMENDED
- DISCUSS WITH YOUR DOCTOR WHEN TO INTRODUCE PEANUT PRODUCTS

6 - 8 MONTHS

- BEGIN MEALS USING SECOND STAGE BABY FOODS.

8 - 9 MONTHS

- INTRODUCE FINGER FOODS: SOFT CHEESE, CRACKERS, CHEERIOS, RICE, COOKED MACARONI AND NOODLES, TEETHING BISCUITS, SOFT MEATS.
- INTRODUCE YOGURT AND EGG YOLKS.

9 - 12 MONTHS

- MAY INTRODUCE MORE TABLE FOODS THAT ARE SOFT AND FINGER FOODS. THE FEEDING GOAL IS THAT BY ONE YEAR OF AGE, THE INFANT IS SELF-FEEDING 85% OF THE TIME (100% AT 15 MONTHS) AND IS ON ALL TABLE FOOD.
- **NO JUICE IN A BOTTLE!**
Babies do not need juice and it should be used as a treat after 6 months and ONLY FROM A CUP!
Start with stage 1 juice and introduce citrus juice last after 1 year. **(Dilute regular juice 1:1 with water)**

DO NOT USE THESE FOODS UNTIL THE CHILD IS OVER ONE YEAR OLD!

THESE ARE VERY ALLERGIC FOODS AND CAN
CAUSE SEVERE REACTIONS IN SMALL INFANTS!

NO TOMATO OR CITRUS
NO EGG WHITES
NO CHOCOLATE
NO SHELLFISH

DO NOT USE THESE FOODS UNTIL 3 YEARS OF AGE!

CHOKING RISK FROM THESE HARD FOODS!

NO POPCORN OR PEANUTS
NO HOT DOGS / ENCASED SAUSAGES
NO GRAPES OR RAISINS
NO GUM OR HARD CANDY
NO RAW VEGETABLES OR HARD FRUITS



NO HONEY (Risk of Botulism, a paralyzing disease)

NO WHOLE MILK, except mixing with foods 9 - 12 months old (Risk of Anemia)