

Feeding Tips for Your Child



- When starting solid foods, give your baby one new food at a time - not mixtures.
- Give the new food for 2 to 3 days before adding another new food
- After each new food, watch for any allergic reactions such as diarrhea, rash, or vomiting. If any of these occur, stop using the new food and consult with your child's doctor.
- Single-grain cereals are usually introduced first. But for most babies it does not matter what the first solid foods are.
- Though many pediatricians will recommend starting vegetables before fruits, there is no evidence that your baby will develop a dislike for vegetables if fruit is given first.
- If your baby has been mostly breastfeeding, he may benefit from baby food made with meat, which contains more easily absorbed sources of iron and zinc that are needed by 4-6 months of age. Check with your child's doctor.
- Do not give cow's milk until the baby is 12 months of age.
- Fruit juice without sugar can be started when the baby is able to drink from a cup.
- Avoid honey in any form for the first year as it can cause a type of botulism.
- Do not put your baby in bed with a bottle propped in his/her mouth. Propping the bottle is linked to ear infections and choking. Once your baby's teeth are present, propping the bottle can cause tooth decay.
- Healthy babies usually require little or no extra water, except in very hot weather. When solid food is first fed to your baby, extra water is often needed.
- Do not limit your baby's food choices to the ones you like. Offering a wide variety of foods early will pave the way for good eating habits later.

If you wish to speak to a nurse, please call 307-789-9203 or 787-3800.



Tips provided by: The American Academy of Pediatrics www.healthychildren.org

