

Feeding and Nutrition

- ❑ **At about 4-6 months babies are usually ready to start solid foods in the form of iron-fortified baby cereal mixed with breast milk or infant formula**
 - ◆ rice cereal is usually recommended as the first cereal to introduce
- ❑ **Ask your health care provider questions about introducing solids to your baby such as:**
 - ◆ recommended daily amount
 - ◆ thickness of cereal
 - ◆ which grains to introduce and when
 - ◆ concerns about family history of allergies
 - ◆ recommended waiting period between introducing each new food
- ❑ **Ask your healthcare provider about your child's growth curve to tell if your child is getting adequate nutrition**
- ❑ **Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>**

**Although these guidelines are appropriate for most children they may not fit all.*

*Always consult your health care provider about specific nutrition needs of your child**

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- At 9 months your child may be ready to try finely puréed vegetables or fruits one at a time
- Speak to your health care provider about developmental cues that your baby is ready to handle new foods
- Speak to your health care provider about questions and concerns you have about this transition and which foods to start out with
- Do not feed honey or egg whites before first birthday

Do **not** give foods the baby can choke on or get sick from, like:

hot dogs or meat sticks	peanut butter
raw vegetables	bacon
whole grapes	fish with bones
potato or corn chips	bologna or deli meats
popcorn	whole eggs or egg whites
hard candy	unpasteurized fruit juice
raisins	rare or raw meats
nuts	honey or food made with it

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One Year

- Around this time babies are usually able to handle foods with a variety of textures
- A variety of healthful mashed or bite-sized, small, soft pieces (to avoid choking) of the family's food or jarred baby foods are good choices
- Crackers , cheerios, and small foods that dissolve quickly in mouth may also be good choices
- Start weaning from a bottle
- Teach child to use a cup and spoon -- be patient with messes
- Avoid using a lot of salt, spices, or added sugar
- Honey and egg whites should not be introduced until after first birthday
- Speak to your health care provider about introducing cow's milk or milk substitutes
- Speak to your health care provider about developmental cues that your baby is ready for these foods
- Ask your healthcare provider about any questions or concerns you have about new foods and how to prepare them
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>

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Safety Tips

- Keep all outlets covered
- Keep both ends of a staircase securely blocked
- Never leave your child alone in the bathroom; especially in bathtub
- Be within arms reach when around water
- Get down to baby's level and do a scan of your house. Take care of any dangers that are present including cords or tablecloths that baby can pull onto self
- A rear-facing infant car seat is a necessity until baby is both 1 year and 20 pounds
- Install window guards on all windows above first floor
- Keep cleaning products and weapons in a locked cabinet, out of reach
- Keep guns unloaded and in locked cabinet
- American Association of poison control Centers Phone number: 1-800-222-1222