

Feeding Baby

(4-6 MONTHS+)



READY TO START FEEDING YOUR BABY?

Healthy nutrition is one of the most important parts of a child's overall health and wellbeing. Your child's relationship with food is a critical component for a lifetime of good health. Feeding your child should be a joyful time for your baby AND you.

During these first meals together, your baby is learning how special it is to be part of a family. Plan to sit and enjoy your family meals together.

IMPORTANCE OF BREAST MILK OR FORMULA

Breast milk or infant formula are the most important source of nutrition for your baby until their first birthday.

WHEN TO START FOODS

Begin feeding your baby solid food when your baby is ready to eat solid food. For most, this will happen when your baby is between 4 to 6 months old.

Look for these signs your baby is ready to start eating:

- Can sit up comfortably on their own.
- Putting things in their mouth.
- Seems interested in what other family members are doing during a meal.

WHAT SOLIDS TO START WITH

When you think your baby is ready, plan to feed them solids once a day to start. We recommend either oatmeal baby cereal or a puréed vegetable (sweet potato, green beans) or fruit (banana, apple). By 6 months of age, babies need added iron in their diet, so introduce foods with iron like cereal and dark green vegetables.

You can either make your own food or buy baby food from a store. Your baby will let you know how much food they want to eat with their behavior, but you can get 1 tablespoon of food ready the first few meals.

VARIETY FOR FOODS

Make sure your baby is eating the first food you give them before deciding to add other foods. Some babies like to play with the food or spit it out as they learn how to eat at first. But once your baby can handle it, you can try a new food every 3 to 5 days.

Give one new food at a time so if your baby has a reaction, you will know to what they may be reacting.

ADDITIONAL INFORMATION

Babies should NOT have cow's milk, plant-based milk, or honey until 1 year of age. Also, start with very thin foods to reduce the chance that your baby will choke when eating. When your baby handles these thin foods well you can give thicker food. Choking is a risk whenever your baby eats until they are in preschool.

Last Updated: 6/14/2022



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