

AGE	DEVELOPMENT	WHAT TO FEED	HOW MUCH PER DAY	FEEDING TIPS
0 to 1 month	Rooting reflex	2 to 4 oz formula, BF on demand	6 to 8 times per day	5 to 10 minutes per breast, alternate
1 to 2 months	Suck/swallow patterns	3 to 5 oz formula, BF on demand	5 to 7 times per day	4 to 6 wet diapers is a good sign baby is getting enough
2 to 3 months	Digestive tract developing	4 to 7 oz formula, BF on demand	4 to 6 times per day	Do not microwave bottles
3 to 4 months	No solids yet	5 to 8 oz formula, BF on demand	4 to 6 times per day	Never prop bottles
4 to 6 months	<u>Signs of readiness for solids</u> 1. Can hold head up 2. Sits well in chair 3. Making chewing motions 4. Can move food from front to back of mouth 5. Can move tongue back and forth 6. Seems hungry after 8 to 10 feedings/40 oz formula 7. Is teething	Breast milk or formula, Baby cereal (iron fortified), Baby fruit juice, Stage 1 fruits and vegetables can start to be introduced	Breast milk/formula 4 to 6 times per day, 6 to 8 oz. Start cereal if baby is taking over 32 oz per day. Begin with about 1 teaspoon dry rice cereal with 4 to 5 teaspoons breast milk/breast milk (it will be very runny). Gradually thicken consistency and increase rice cereal 1 to 2 times per day, 1 to 2 tbsp servings. Can start to introduce vegetables and fruits. Limit baby juice to 1-2 oz/day	May start baby cereal on spoon, do not add cereal to bottle unless instructed by pediatrician. No need to add salt or sugar. Use microwave with caution. If your baby won't eat cereal on the first try, offer it again in a few days. Start one vegetable/fruit at a time, wait at least 3 days in between before introducing new foods. Start a new food in the morning, that way you will know if baby has reaction before bedtime.
6 to 8 months	Sits without support, Able to grasp/pick up and bring objects to mouth teeth begin to come in	Breast milk/formula, Baby cereals, Fruit juice (infant), Purees: Stages 1 and 2 foods (these are the thinner consistency)	Breast milk/formula: 3 to 5 times per day, 6 to 8 oz servings. Rice cereal: 3 to 5 times per day, 2 to 4 tbsp. servings. Fruits and veg: 2 to 4 times per day, 2 to 3 tbsp. servings.	Start one vegetable/fruit at a time, wait at least 3 days in between before introducing new foods. Start a new food in the morning, that way you will know if baby has reaction before bedtime. Take portion of food out of jar and refrigerate the remaining portion. Try juice (non-citrus) in a cup, not bottle. Limit to two ounces.

SAMPLE DIET 4-6MOS		
BREAKFAST (6-8am)	Formula (8 oz)	Cereal
SNACK (9am-10am)	Infant juice (1-2 oz)	
LUNCH (11am-12 noon)	Vegetable , Fruit	Formula (6 oz)
SNACK (3pm)	Formula (6 oz)	
DINNER (5-6pm)	Vegetable, Fruit	Water
SNACK (8-9pm)	Formula (8 oz)	

AVIOD HONEY AND SYRUPS (BOTULISM)

AVOID EGG WHITES (12M)

EGG YOLK OK AT 6-8M

AVOID PEANUT PRODUCTS AND SHELLFISH (2-3Y)