



Starting Solids

A HEALTHY FEEDING PLAN

As one of the first things you do together, feeding is a time when you and your baby learn about each other. It's a time when babies explore their independence and discover how to interact. It's also the beginning of establishing lifelong eating habits. Research shows that babies know how much food they need. And they'll tell you in many ways -- smiling, reaching toward the spoon, opening their mouths.

MEALTIME IS YOUR TIME TOGETHER

Atmosphere -- Spend some quiet time together to create a relaxed atmosphere.

Preparation -- Get your "tools" together before you start: bib, baby spoon, food, moist towel (expect a mess!).

Position -- Hold baby in a slightly reclined sitting position on your lap or in a high chair if your baby can sit.

Quantity -- Place small tastes on the tip of a spoon and place in baby's mouth. Never force a baby to eat. They "listen" to their hunger cues and do not under- or over-eat.

Very First Tastes -- Your baby's first tries at swallowing solid food will be awkward. Your baby may need practice. If the food is rejected, offer a few more spoonfuls. Sit back and enjoy seeing your baby learn something new.

STARTING BETWEEN 5 AND 6 MONTHS OF AGE:

Start feeding your baby some of the single-ingredient baby foods listed in the 1st Foods Schedule below.

Here are some basic guidelines:

Start with 1 tablespoon single-grain cereal, mixed with 4 tablespoons breast milk, formula or water. Decrease the amount of fluid as your baby gets used to the consistency.

Start a new food in the morning; if it doesn't agree with your baby, you'll know before bedtime.

Add only one new food at a time. Feed each new food 3 to 5 days in a row before starting another one (to see how the food agrees with your baby).

You can repeat a food already given, and pair familiar favorites on the spoon with new foods.

1ST FOODS SCHEDULE					
Product	Variety	Day One	Day Two	Day Three	Day Four +
Single-Grain Cereal	~ Rice Cereal ~ Oatmeal ~ Barley Cereal	1 tablespoon plus breast milk, formula or water	2 tablespoons plus breast milk, formula or water	3 tablespoons plus breast milk, formula or water	4 tablespoons per serving
Single Vegetables 2.5 ounce jar portion	~ Green Beans ~ Carrots ~ Peas ~ Squash ~ Sweet Potatoes	1/4 jar	1/4 jar	1/2 jar	1 jar
Single Fruits 2.5 ounce jar portion	~ Applesauce ~ Bananas ~ Peaches ~ Pears ~ Prunes	1/4 jar	1/4 jar	1/2 jar	1 jar
OPTIONAL 100% Juice in a sippy cup (can dilute). Single-Ingredient	~ Apple ~ Pear ~ White Grape	1 fluid ounce	1 1/2 fluid ounces	1 3/4 fluid ounces	2 fluid ounces

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