

INFANT FEEDING READINESS

IS YOUR BABY READY FOR FOODS?

- Has your baby doubled his or her birth weight?
- Is your baby at least 4 to 6 months old?
- Is he or she nursing on demand, or eating up to 24 to 32 ounces of formula per day?
- Can your baby sit with little or no support?
- Does your baby have good head control so that he or she could turn her head when full?
- Can your baby move a piece of thinned baby cereal to the back of his or her tongue and swallow it?
- Does your baby seem interested in your food, watching you eat or leaning forward and opening his or her mouth?

If you answered yes to the questions above, you may start with a single grain cereal. Wait until your baby is at least 6 months old to before adding other foods such as vegetables and fruits

1ST FOODS SCHEDULE (AGE 4-8 MONTHS)

Single Grain Cereal such as iron fortified oatmeal or barley cereal (Avoid rice due to arsenic)

- 1-2 tablespoons thinned with breast milk or formula and slowly increase to 2-4 tablespoons

When your baby is tolerating cereal well and is at least 6 months old you may introduce single ingredient foods and wait about 5 days between starting a new food to assess for allergies.

1ST FOODS SCHEDULE (AGE 6-8 MONTHS)

These foods can easily be made at home and do not have to be premade or from a jar

Single Vegetables Smashed, strained or pureed 2-4 tablespoons once daily

- Dark yellow or green such as green beans, peas, carrots, sweet Potatoes and squash. Not corn

Single Fruits Smashed, strained or pureed 2-4 tablespoons once daily

- Applesauce, peaches, prunes, bananas or pears

Fruit Juices No Juice until after 2 years of age. Babies only need breast milk or formula for the first year of life unless directed by their doctor. If given, juices should be diluted 1:1 with water.

IMPORTANT TIPS

- Try all new foods in the morning
- Begin with feeding 1 to 2 Tbsp and gradually increase to 2-4 tablespoons as your baby tolerates it.
- Avoid citrus fruits and juices, cow's milk, or honey until after 1 year of age.
- If your baby has severe eczema or an egg allergy or there is a family history of severe food allergies talk to you the doctor before introducing peanut butter
- Avoid choking hazards such as grapes, berries, raisins, hotdogs, nuts, or popcorn
- Encourage a variety of foods healthy foods, especially vegetables!
- Do not assume that your baby doesn't like a food. It may take 10 to 15 tries for your baby to accept a new food.
- "Snacks" do not mean "treats," everything should be nutritious. Avoid processed snack foods. Good "to go" snacks are bananas or sliced berries
- Small squishy finger foods that can be squished between the tongue and mouth. Such as banana rounds cut into quarters, peas, small avocado, or scrambled eggs
- All feedings should be supervised and seated at a table or infant highchair
- Never give food in a car
- Be a good role model for healthy eating habits

Please use this as a reference. Your child's nutritional intake may vary. If you have any questions, please ask us for further guidance.

INTRODUCING PEANUT BUTTER TO INFANT

MUST clear with your pediatrician that early introduction to peanut butter is a safe option for your infant.

- Only introduce when your baby is healthy, not with any illness like fever, cold, diarrhea, etc.
- Only introduce it when you have 3 hours of observation time available- morning is best.
- Only introduce at home, not a babysitter, day care, or restaurant.
- Do not give whole nut.
- Do not introduce and lay baby down for a nap or at bedtime.
- Have Benadryl on hand; average 4-month-old dose is 2.5 ml
- If reaction occurs, give Benadryl, and call 911; **DO NOT BRING TO OFFICE.**

1. Take 2 teaspoons of smooth peanut butter, natural is best, and mix in 1-2 oz of formula or breastmilk. Touch your infants' tongue with the tip of the spoon dipped in the peanut butter slurry. Watch closely for 15-20 minutes for any reactions- rash, vomiting, breathing trouble.

- A. If a reaction, give Benadryl, and call 911
- B. If no reaction go to the next

2. If no reaction, then give the rest of the peanut butter slurry and watch for 2-3 hours

- A. If a reaction, give Benadryl, and call 911
- B. If no reaction go to the next

3. If does well with full slurry, continue to give 2 teaspoons of peanut butter at least 3 times a week.