





INTRODUCING SOLID FOODS TO YOUR CHILD: BAYSIDE GUIDELINES & ADVICE

There are many opinions on introducing solid foods to babies. This is *our* version. The goal is to provide adequate nutrition for optimal growth while having fun in a safe manner. Check with us about specific questions. Each baby is different & may have special needs.

<p>Birth - 6 months</p>  <ul style="list-style-type: none">• Breast Milk• Iron Fortified Formula	<p>Starting a bottle by 1 month of age is a lot easier than starting it at 2 or 3 months. Breastfeeding is well established by this time so we won't have any nipple confusion. Another added benefit is the opportunity for Dad or another caretaker to get close and participate.</p>  <p>It's a good idea to offer the bottle on a regular basis - once a day or every other day so the baby won't refuse it later.</p>
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When Do I Start Solids?

- The American Academy of Pediatrics recommends between the ages of 4-6 months
- The World Health Organization recommends after 6 months

There's no rush to start solid foods. Evidence shows that the starting solids before 4 months and after 6 months may increase the chance of food allergies and diabetes. This means the ideal time is between 4 and 6 months of age.

Look for cues from your infant:

- Is the baby interested in what you're eating?
- Can she hold her head up steady?
- Can he sit with some assistance?



Here are some guidelines:

- Always feed solids with a spoon and while your child is seated - this prevents choking.
- Choose a quiet time of day, allowing 20-30 minutes for feeding.
- Try to feed at the same time each day to help establish a routine.
- It's going to be messy. Don't fret! That's part of the pleasure.
- Try giving the baby his own spoon, the so-called "2 spoon technique".

A Few Words on Allergies:

- Food allergies present as difficulty breathing, rash, vomiting, severe diarrhea, even blood in the stool.

- Give each new food on its own for 3-5 days to be able to identify the food that caused the allergy.
- Once it's "safe" you can continue to give it while introducing new foods, just don't introduce 2 at the same time.

Which Food Do I Start With?

- Some families choose to start with cereal. Others choose a veggie. Either is okay. The important thing is that it's completely pureed and it's a single ingredient.

Infant Cereal

- Iron fortified
- Single grain

- Mix 1 TBSP cereal + 2-3 oz breast milk/formula or water - make it "watery": thick enough to get it on a spoon, but less than the consistency of oatmeal



- Gradually increase the consistency and amount of cereal as the baby gets older and gets better at eating off the spoon.
- Start rice first and other grains later; wheat and corn are common allergens.

Once they are good at eating off a spoon and the tongue-thrust reflex is gone, move onto the next foods.

Vegetables

Store-bought: Stage 1 - single ingredient, completely pureed

Homemade: Boil your veggies, without salt and butter and puree in the blender

Examples: squash, sweet potatoes, carrots, peas, green beans, avocado



Here are some guidelines:

- In case the baby does not finish the serving, don't feed directly from the jar.
- Instead put a single serving (~2 oz or ice cube sized) in a bowl.
- Once a spoon enters the baby's mouth, it picks up bacteria that you don't want to contaminate the jar.

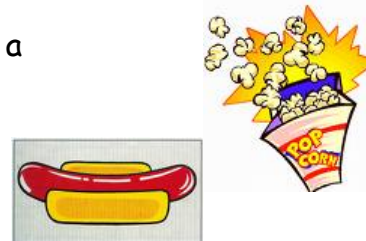
What foods should be avoided?



- Avoid honey until after 1 year of age. Don't use it, even as a sweetener.
- Cow's milk should not replace formula until the 1st birthday
- Avoid deli meats that contain high amounts of nitrites.

Choking hazard foods: nuts, seeds, hot dogs, popcorn, peanut butter, hard/raw vegetables, hard candy, grapes, hard fruits like apple chunks

Allergenic foods: nuts, fish, shellfish, egg whites, cow's milk, peanut butter, strawberries



Fruit

Avoid citrus & tropical fruits until later - they tend to be more allergenic
Some good examples of first fruits include: applesauce, pears, prunes, bananas, peaches, avocado



How much should my baby be eating?

- Gradually increase solid foods over the next couple of months.
 - Generally a baby is eating solids 1 time a day at ages 4-6 months
 - Most 7-8 month olds eat solids 2 times a day
 - Most 9 month olds eat solids 2-3 times a day
 - Most 1 year olds eat solids 5 times a day
- Some babies eat more or less than this - check with us to confirm that your baby is gaining weight appropriately.
- Usually the introduction of solids does *not* decrease the amount of milk the baby drinks.

Water -
Introduce
it in a cup



Once solids are under way, it's a good idea to start a small amount of water. Usually an infant requires no more than 2-4 ounces per day. It's your job to offer; let your baby decide how much to drink

Fluoridated water is important for the teeth. Most filters (Brita) will *not* remove the fluoride from tap water

Juice

There is limited nutritional value in juice - it's best to eat the vitamins from the fruit.

LIMIT the amount of juice to less than 4 oz/day and dilute it.

When your baby has had enough, she will turn away from the spoon, close her mouth or lean back. **Don't force the extra bites.**

Between 7-9 months, we introduce new textures and tastes:

- These foods are less pureed (stages 2 and 3) and can be mixed if they've been sampled on their own.
- By 9 months, the pincer grasp (thumb-1st finger pinch) is developed, which makes picking up finger foods much easier



Dairy: yogurt, cottage cheese, cheese

Protein: chicken/turkey, egg yolks, legumes, beans

Finger foods: cheerios, bite sized table foods, hard bagel or baguette

Between 10-12 months, more table foods are added:

The amount of formula or breast milk should be decreasing as the amount of solids increases, so that the majority of nutrition comes from solid foods.

At 1 year, your toddler can be eating table foods with the family!



- Change over to regular cow's milk (whole milk)
- They usually eat 5 small meals a day
- Implementing healthy eating habits at this age will benefit your child for the rest of his life

