

# Benefits of Spoon Feeding:

Creates happy, healthy mealtimes

Less tooth decay

Improved speech development

Helps prevent overfeeding  
and excess weight gain

## BE PATIENT

Feeding with  
a spoon is a  
new experience  
for your baby.

At first, your baby  
may spit out  
the new food.

It may take many tries  
to get used to the  
flavor and texture  
of a new food.

KEEP TRYING!

DO NOT PUT CEREAL  
IN THE BOTTLE

DO NOT USE AN  
INFANT FEEDER

It could:

- cause choking
- delay learning to spoon feed
- make learning to eat table foods harder.

# Spoon Feed For a Healthy Start

At about 4 to 6 months start to spoon feed your baby.

Your baby is ready for a spoon when he/ she can:

Sit supported  
and  
hold head up

Remove  
food  
from a  
spoon with  
lips and  
tongue

Turn head  
away when full

Show interest in  
what you are eating

## HOW TO START

Start with rice cereal

Mix 2 parts breast milk  
or formula + 1 part  
rice cereal

As your baby gets used  
to the cereal, make it thicker

Next food=plain pureed  
Vegetables

Adapted from the MA WIC Program

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