Child's Name _____

Length_____ Weight_____ Date_____

Weight for Length percentile _____%

FOOD FOR THOUGHT

Any feeding concerns?

Is your baby having problems with any food?

How does your baby let you know if he or she is full?

FEEDING ADVICE

Your Baby's Diet ~

- Continue breastmilk or iron-fortified formula, 30-32 ounces per day.
- Cereal 2-4 tablespoons, twice per day.
- Vegetables 1-2 tablespoons, twice per day.
- Fruits 1-2 tablespoons, twice per day.
- Between 7 and 9 months you may introduce strained meats.
- **If juice is given, it should be 100% fruit**
- **juice and no more than 3 oz./day in a cup.** (Soft drinks, fruit punch and other sweetened drinks are not good for your baby.)

Solid Food Tips ~

Cereal – Use a single grain (rice, barley or oats) iron-fortified cereal.
Vegetables – After cereal, start with plain, strained vegetables (carrots, spinach, squash, peas, green beans). *DO NOT* start with mixed vegetables.
Fruit – Gradually introduce strained fruits (peaches, pears, bananas). *DO NOT* give fruit desserts.
Try one new food at a time and feed that food for 3-4 days to know if your baby can tolerate it.

Feeding Tips ~

- Always start with vegetables first at every meal.
- Use a spoon and dish, never feed from the jar.
- Your baby may spit out food as a normal response, so offer new foods many times.
- Your baby does not need salt, sugar or margarine/butter added to foods.

- Meal times can be messy, have fun and enjoy family meals.
- Do not put your baby to bed with a bottle or prop up the bottle.

Additional Feeding Tips ~

- Breastmilk and formula intake will decrease as your baby begins to eat more food. Let your baby decide how much food or breastmilk/ formula is enough. Some days your baby will eat more than other days.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

BE ACTIVE

- Encourage crawling, sitting alone and exploring.
- Screen time (TV, computer, electronic games) not recommended under age 2.

NOTES:

Montcalm County
A partner of the
Early Childhood Investment Corporation

An Ounce of Prevention