

6 months *fourth visit...*

Food for Thought

- Which solid food is your baby eating?
- How often is your baby being fed solid food?
- Is your baby having problems with any food?
- How does your baby let you know how much food is enough?

Feeding Advice

Add variety~

Vegetables – Start with plain, strained vegetables (carrots, spinach, squash, peas, green beans). Try one new food at a time and feed the food for 3-4 days to know if your baby can tolerate it. **DO NOT** start with mixed vegetables.

Fruit – Gradually introduce strained fruits (peaches, pears, bananas). Add one new fruit at a time and watch for any reactions. **DO NOT** give fruit desserts.

- If juice is given, it should be 100% fruit juice and no more than 3 oz./day in a cup.

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!

Your baby's diet ~

- Breastmilk or formula.
- Cereal 2-4 T twice per day.
- Vegetables 2-4 T once per day.
- Fruits 2-4 T once per day.
- Between 7 and 9 months you will introduce strained meats & chicken.
- Continue to offer a variety of fruits & vegetables.

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.

Be Active

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

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %