

HOW TO PREVENT CHOKING

The following foods are hard for children to chew without a full set of teeth. They could cause the child to choke. Offer these foods only when the child can chew and swallow well. All finger foods should be small, bite-size foods. Watch closely when she is eating them. In fact, NEVER leave your child alone while she is eating.

- Apple chunks and slices
- Grapes
- Hot dogs
- Sausage
- Peanut butter
- Popcorn
- Peanuts—all nuts and seeds
- Round candies
- Hard chunks of uncooked vegetables like carrots

SNACKS ARE IMPORTANT

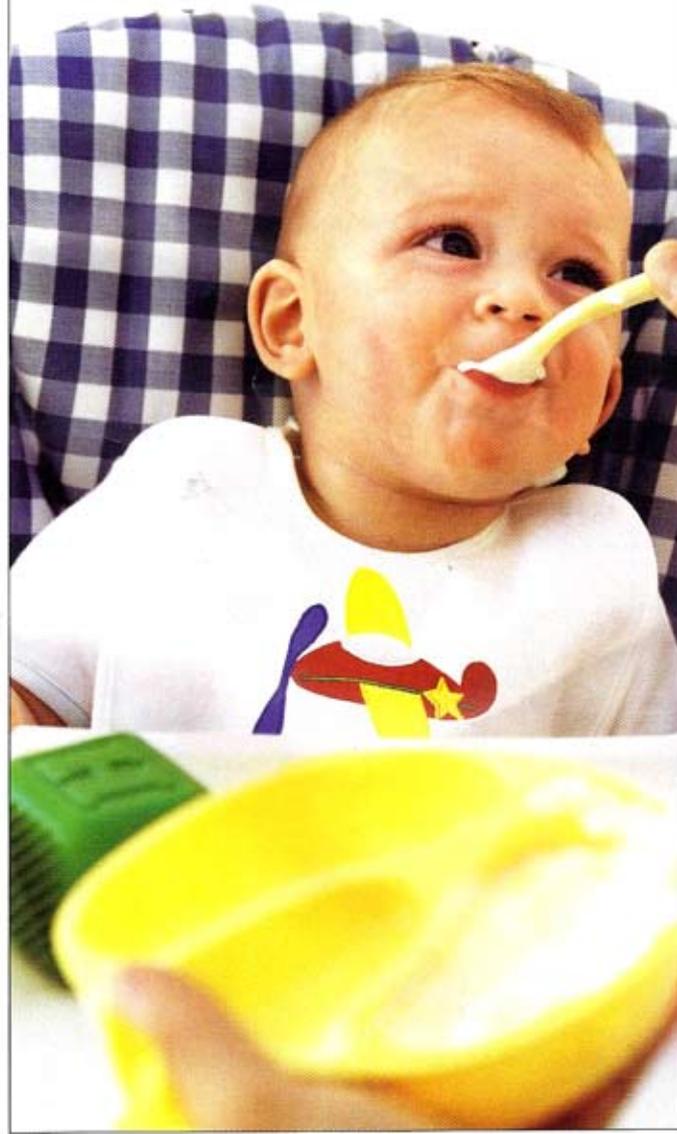
Your toddler may eat little at a meal. So she needs snacks. Snacks will help balance her diet and give her more energy to grow, play, and learn. Plan to feed your toddler 3 snacks a day. Offer her nutritious snacks, like:

- | | |
|-----------------------------|-------------------------|
| ■ Cheese or yogurt | ■ Pudding |
| ■ Saltine crackers | ■ Steamed vegetables |
| ■ Fruit | ■ Frozen juice pops |
| ■ Bagel or bread | ■ Graham crackers |
| ■ Whole milk or fruit juice | ■ Milkshake or smoothie |
| ■ Unsweetened cereals | ■ Pretzels |



AIRPLANE, CHOO-CHOO, & OTHER GAMES PARENT'S PLAY

A FEEDING GUIDE FOR THE FIRST TWO YEARS



Wouldn't it be great if babies came with feeding instructions – little tags that told you what to feed them and tricks to get them to eat?



If you've ever felt this way, you're not alone! All new parents have questions about feeding their babies. This guide will give you straightforward answers about feeding your baby and toddler.



Before reading any further, *relax!* Every baby is unique. Each baby grows and develops at a different speed. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help get you started.



Trust your baby. He knows how much he needs to eat. And *believe* your baby when he pushes the nipple away or refuses to clean his plate. He knows when he's full.



And don't worry if you resort to an occasional game of airplane or choo-choo when feeding your child. It's a stage every parent goes through!

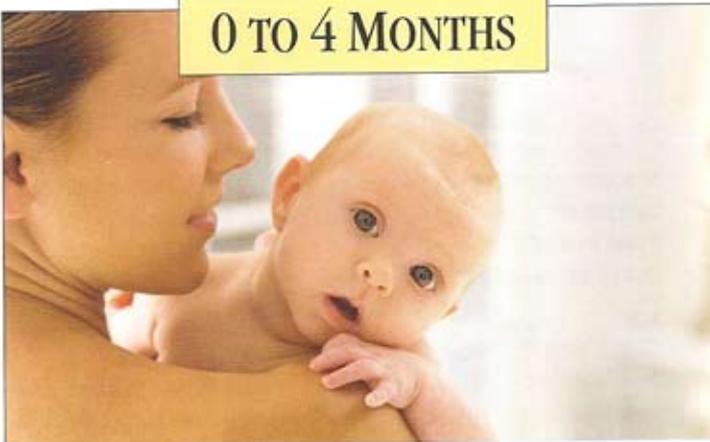
As a new parent, you'll receive lots of advice. But information about 2 year olds is of no use when you're trying to feed a newborn! So start by checking out pages that relate to the age of your child.

AGE	PAGE
0–4 Months	4
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*This feeding chart makes a great reference. Why not pull it out and hang it on your refrigerator?



0 TO 4 MONTHS



Breast milk or formula is the only food your baby needs for the first 4 to 6 months. While most experts strongly recommend breast milk, formula is also a good option. If you decide to use formula, ask your doctor which formula is best for your baby.

You can get detailed information about breast-feeding and formula feeding from your doctor. In the meantime, here are some tips to help get you started.

BREAST-FEEDING TIPS

- Plan to nurse your newborn baby on demand (about 8 to 12 times a day) at first. Most babies will gradually cut back to 4 to 6 times a day by 4 months.
- Nurse your baby at least 10 to 20 minutes on each breast. Baby gets most of her milk at the beginning of the feeding.
- Six wet diapers a day is a good sign that nursing is going well.
- Give your baby vitamins *only if your doctor recommends them*. Breast-fed babies may need vitamin D within the first two months, and fluoride and iron no later than 6 months.

BREAST-FEEDING STORAGE TIPS

- Pump extra breast milk. Freeze milk that will not be fed within 48 hours. When you are away from baby, try to pump at baby's regular feeding time.
- Breast milk can be frozen for 3-4 months (or up to 6 months at 0 degrees or less). To thaw, hold container under lukewarm running water and shake gently. Do not thaw in the microwave or refreeze. Thawed breast milk may be refrigerated, but must be used completely within 24 hours.

FORMULA FEEDING TIPS

- Standard cow milk-based formula is the feeding of choice for infants who are not breast-fed or if breastfeeding is stopped before 1 year of age.
- Six wet diapers a day is a good sign that feeding is going well.
- There's no need to force your baby to finish her bottle. Your baby knows when she is full. She'll tell you by turning her head or pushing the nipple out of her mouth.
- Hold baby during feedings so she feels safe and loved. Never prop or put your baby to bed with a bottle. Baby could choke because she can't push the bottle away.
- Heating formula in the microwave is not a good idea. The bottle may only feel warm, even when the milk is hot at the core. Warm it under a faucet or in a pan of hot tap water instead.
- Use vitamins *only if your doctor recommends them*.

FORMULA FEEDING TIPS FOR TRIPS

Always refrigerate prepared formula in bottles. If a refrigerator or cooler is not available, try one of these techniques for preparing formula on the road.

- Pre-measure boiled or bottled nursery water into a clean bottle. When baby is hungry, just add powdered formula. Bring along a gallon of bottled nursery water to mix with the formula.
- Or buy ready-to-feed formula. Pour them into clean bottles when baby is hungry. Be sure to throw away leftovers.





4 TO 6 MONTHS



FEED YOUR BABY:

FOOD GROUP	FOODS	DAILY FEEDINGS	SUGGESTED PORTION SIZE
Milk	Breast milk OR Formula*	4-6 4-6	6-8 oz
ADD: Grain	Baby cereal (Iron-fortified)	2	1-2 tbsp

*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

Most babies do very well on just breast milk or formula for the first 4 to 6 months. Ask your doctor if you feel your baby needs solid foods early.

BABY IS READY FOR SOLID FOOD WHEN...

He can do most, if not all of the following:

- He can control his head and neck in a steady, upright position.
- He can sit up with support.
- He seems hungry between regular feedings.
- He shows interest in food when you eat.

HOW TO ADD BABY CEREAL

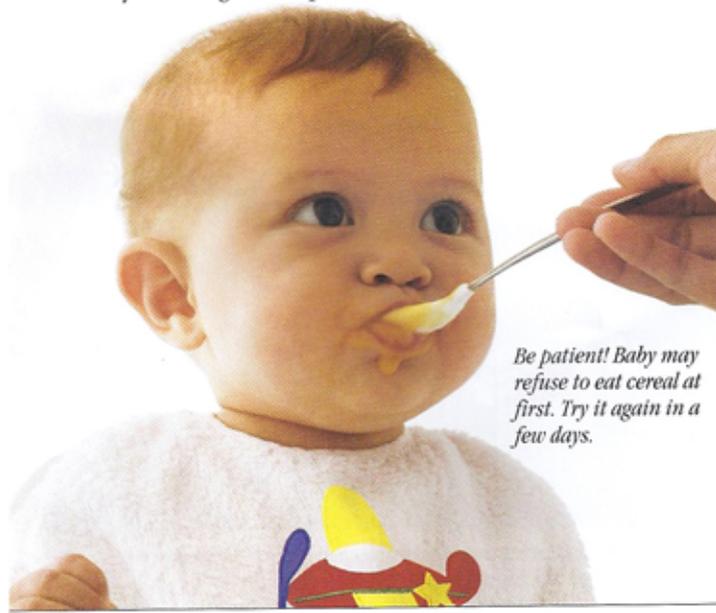
1. Buy iron fortified baby cereals. They have more iron than the adult cereals.
2. Start with rice cereal – it causes the fewest allergy problems.
3. Use only single-ingredient baby cereals like rice, barley, and oatmeal.
4. Mix 1 tbsp of cereal with 4 tbsp of breast milk or formula. The cereal will be thin. Your baby is learning how to move solid food to the back of his mouth. When baby can do this, make the cereal thicker.
5. Offer your baby 1-2 tbsp of baby cereal in a bowl once a day at first then increase to 2 times a day. Breakfast and dinner work well.
6. Be patient! Your baby may refuse to eat the cereal at first. Try it again in a few days.
7. Feed your baby only one new cereal a week. This way you can tell if this new food bothers him. If it does, don't feed him that food for a while. Try the food again next month.

FEEDING TIPS

- Use a baby-size spoon to feed baby. *Never put cereal in a bottle.* Baby needs to learn how to “eat” his food, not “drink” it!
- Start feeding baby in a high chair when he can sit up.
- Offer your baby water to drink when he starts to eat solid foods.
- Use your microwave with caution. Make sure that food is not too hot. Always stir foods and taste them before serving baby.
- There is no need to add salt or sugar to your baby's food or water. He doesn't need it!
- Wait to feed your baby honey or foods made with honey until after his first birthday. Babies can get very sick from bacteria that may be in honey.

FEEDING TIPS FOR TRIPS

- Pack an extra bib and baby spoon in your diaper bag.
- Pre-measure the dry cereal in a plastic bowl with a lid. Add the breast milk or formula later.
- Buy the individual packets of baby cereal they take up less space. Or measure out single servings of cereal into plastic bags.
- Always pack extra food. You never know when a trip may take longer than planned.



Be patient! Baby may refuse to eat cereal at first. Try it again in a few days.

HOW TO FEED YOUR BABY STEP-BY-STEP

Every baby is very special. Don't worry if your baby eats a little more or less than this guide suggests. In fact, this is perfectly normal. The suggested serving sizes are only guidelines to help you get started.

AGE	FOOD GROUP	FOODS	DAILY SERVINGS	SUGGESTED SERVING SIZE	FEEDING TIPS
0-4 Months	Milk	Breast Milk or Formula* 0-1 months 1-2 months 2-3 months 3-4 months	On demand 6-8 5-7 4-7 4-6	 2-5 ounces 3-6 ounces 4-7 ounces 6-8 ounces	<ul style="list-style-type: none"> • Nurse as long and as often as your baby wants - every 1-1/2 to 2 hours is okay. • Nurse baby at least 10-20 minutes on each breast. • Six wet diapers a day is a good sign that your baby is getting enough to eat. • There's no need to force your baby to finish a bottle. • Putting baby to bed with a bottle can cause choking and baby bottle tooth decay. • Heating formula in the microwave is not recommended as milk may heat unevenly and burn baby's mouth.
4-6 Months	Milk	Breast milk or Formula*	On demand 4-6	 6-8 ounces	<ul style="list-style-type: none"> • Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal. • Start iron-fortified baby cereal by spoon when baby shows these signs of readiness: SITS WITH SUPPORT OPENS MOUTH WHEN FOOD IS OFFERED ABLE TO MOVE SEMI-SOLID FOOD FROM THE FRONT OF TONGUE TO THE BACK • Introduce only one new cereal each week.
	Grain	Baby cereal (iron-fortified)	2	1-2 tablespoons	
6-8 Months	Milk	Breast milk or Formula*	On demand 3-5	6-8 ounces	<ul style="list-style-type: none"> • Add strained vegetables and fruits first, then add cooked vegetables and mashed or finely chopped fruits later. • Feed only one new fruit or vegetable each week. • When using food from a jar, remove amount for one feeding and refrigerate the unused portion. • Try giving 100% fruit juice in a cup. Juice in the bottle may cause tooth decay. • Add strained meats now. • Feed only one new meat each week.
	Grain	Baby cereal (iron-fortified) Bread or Crackers	2 Offer	2-3 tablespoons 1/4 slice or 2 crackers	
	Fruit	Fruit Fruit Juice	2 1	2-3 tablespoons 3 ounces (from cup)	
	Vegetable	Vegetables	2	2-3 tablespoons	
	Meat	Chicken, Beef, Pork	1	1-2 tablespoons	

*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

FEED YOUR BABY:

FOOD GROUP	FOODS	DAILY FEEDINGS	SUGGESTED PORTION SIZE
Milk	Breast Milk OR Formula*	3-5 3-5	6-8 oz
Grain	Baby cereal (iron fortified)	2	2-3 tbsp
ADD: Grain	Bread/toast Crackers	Offer	1/4 slice 1-2 crackers
Fruit	Strained fruit Fruit juice	2 1	2-3 tbsp Up to 4 oz (from a cup)
Vegetable	Strained vegetables	2	2-3 tbsp
Meat	Strained meat	1	1-2 tbsp

*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

After your baby has tried all of the different baby cereals, she is ready for strained fruits and vegetables. This is also a good time to offer your baby fruit juice in a cup. Don't worry if your baby can't hold up the cup. Be patient and keep offering it to her. She will get the hang of it! Also, try feeding baby finger foods like toast, bagels and crackers. These foods may sooth baby if she is teething. And they will help her learn how to chew. (See page 16 for tips on How to Prevent Choking.)

HOW TO ADD FRUITS AND VEGETABLES

1. Feed only one new strained fruit or vegetable to your baby a week. This way you can tell if this new food bothers baby.
2. Offer baby small amounts of both a fruit and vegetable 2 times a day at first. Work up to 2-3 tbsp of each.
3. Buy juices such as apple, pear, and grape. Look for juices with vitamin C added. Wait until your baby is a year old before giving her orange or grapefruit juice.
4. Try giving baby fruit juice in a cup.
5. Feed baby mashed fruits and vegetables after she has tried all of her strained ones. And, once baby has teeth, try adding soft, finely chopped fruits and cooked vegetables.

FEEDING TIPS

- Feed your baby from a dish instead of from a baby food jar. When a baby is fed straight from a baby food jar, bacteria in saliva on the spoon spread to the remaining food. So take out a portion for feeding and refrigerate food remaining in the jar. Throw away any uneaten food from baby's dish.
- Make your own baby food if you like and have the time. But, keep in mind, the baby food you buy in the store is also fine for baby.
- There is no need to feed your baby foods made with artificial sweeteners. Babies need the calories. Offer baby foods with natural sugar like fruit and fruit juices or low-sugar cereals (such as oat rings) and crackers.
- Use your microwave with caution. Make sure that food is not too hot. Always stir foods and taste them before serving baby.
- Continue feeding baby cereal at breakfast and dinner.
- Serve your baby fruit juice in a cup. Avoid giving baby fruit juice in a bottle. The sugar in the juice may stay in contact with baby's teeth for too long. Both giving baby fruit juice in a bottle and putting baby to bed with a bottle of formula may cause tooth decay known as Nursing Bottle Syndrome.
- Buy a covered baby cup with a spout and 2 handles. This will be easier for baby to grab.
- Pull baby's high chair up to the dinner table so she can be part of the family.

FEEDING TIPS FOR TRIPS

- Bring along a baby cup.
- Buy small jars of baby food. Throw away the leftovers if you can't refrigerate the jar.



Don't worry if baby can't hold the cup. She'll get the hang of it eventually!

8 TO 12 MONTHS

FEED YOUR BABY:

FOOD GROUP	FOODS	DAILY FEEDINGS	SUGGESTED PORTION SIZE
Milk	Breast Milk OR Formula*	3-4 3-4	6-8 oz
Grain	Baby cereal (iron fortified)	2	2-4 tbsp
	Bread	1-2	1/4 slice
	Bagel		1/4
	Crackers		2 crackers
	Pasta		1/4 cup
Fruit	Fruit	2	3-4 tbsp
	Fruit juice	1	Up to 4 oz (from a cup)
Vegetable	Vegetables	2	3-4 tbsp
ADD:			
Milk	Cheese	Offer	1/2 oz
	Plain Yogurt		1/2 cup
	Cottage cheese		1/4 cup
Meat	Chicken, beef or pork (strained or finely chopped) Cooked, dried beans (mashed) Egg yolks	2	2-3 tbsp

*If you are bottle feeding, most doctors recommend iron-fortified formula. Ask your doctor which formula is best for your baby.

Now is a good time to start feeding your baby "finger foods." Finger foods are small, bite size pieces of food. Finger foods will help baby learn how to feed himself. Don't be surprised if he won't let you feed him! At this age, babies make quite a mess when they eat. That's normal and good for your baby. Let him touch, smell, and taste all kinds of foods. He needs to explore and learn about food. Be patient, babies take much longer to eat now too!

When your baby has a few teeth, its time to start adding meat to his diet. He needs the extra iron and protein from meat because he is starting to drink less breast milk or formula. And you can add cheese, plain yogurt, and cottage cheese. They are rich in protein and calcium.

HOW TO ADD MEATS

1. Buy strained baby meats or make your own in the blender or baby food grinder.
2. Use only the single-ingredient baby meats like chicken, turkey, beef, or pork. The mixed dinners don't have as much iron or protein.
3. Offer baby 2-3 tbsp of meat 2 times a day. Lunch and dinner work well.
4. Feed baby ground or finely chopped meats as he gets more teeth.
5. Make meats taste better by serving them warm. Add broth, gravy, or juice. Or mix the meat with your baby's favorite vegetable.

FEEDING TIPS

- Give your baby a baby-size spoon and let him try to feed himself.
- Put newspaper or a plastic liner under baby's chair. This will make it easier to clean up.
- Feed your baby only the yolk of the egg. Wait to feed baby egg whites until after his first birthday. Babies tend to be sensitive to the egg white.

FEEDING TIPS FOR TRIPS

- Pack along foods that don't need to be refrigerated – like bread, crackers, baby juices, and dry cereal.
- Share part of your restaurant meal with baby.



FEED YOUR BABY:

FOOD GROUP	FOODS	DAILY FEEDINGS	SUGGESTED PORTION SIZE
Milk	Whole milk	4	1/2 cup
	Plain Yogurt		1/2 cup
	Cheese		1/2 oz
Grain	Ready-to-eat or cooked cereal	4-5	1/4 cup
	Bread (any kind)		1/4 slice
	Bagel		1/4
	Hamburger bun		1/4
	Muffins, rolls		1/2
	Pasta or rice		2 tbsp
	Crackers		2 crackers
Fruit	Cooked/canned	2	2 tbsp
	Fresh*		1/2 medium
	Juice		No more than 4 oz per day
Vegetable	Cooked	4-5	2 tbsp
	Raw*		2-3 pieces
	Juice		4-6 oz
Meat	Fish, chicken, turkey, beef, pork	3-4	1/2-1 oz cooked
	Cooked, dried beans or peas		1 tbsp
	Egg	1	

*Should be given to children only when they can chew well.

Your baby is a toddler. She is eating foods from each of the Five Food Groups. But she may not eat or drink as much as she did last year. Babies grow very fast during that first year and they need to eat more food. But, after that first year, growth begins to taper off. So, she won't want or need as much to eat.

HOW TO ADD MILK

1. Use only whole milk. Adults may include lower fat foods in their diets. But children under 2 should not be on a lower fat diet. Toddlers need the extra calories from the fat to make sure they have enough energy and nutrients for growth and brain development.
2. Encourage your toddler to drink milk from a cup, rather than a bottle.
3. If your toddler cannot tolerate milk, talk to your doctor about alternatives.

FEEDING TIPS

- Try not to get frustrated! Toddlers can be very picky eaters. Offer small portions of food and never force her to clean her plate. Healthy children will eat when they are hungry.
- Be patient if your toddler goes on "food jags." Give her the requested food for a few days. She will get bored with the food if you don't make a big deal out of it! Keep offering small amounts of other foods, but never force them.
- Make meals interesting. Serve foods that are:
 - Colorful – cooked carrots and peas
 - Crunchy – crackers and toast
 - Smooth – yogurt and pudding
 - Warm – neither too hot nor too cold
- Feed your toddler the same foods you feed your family.
- Respect your toddler's likes and dislikes. If she rejects a food today, offer it again next week. You may have to offer a new food 10 to 20 times before your child tries it.
- Buy plastic child-size plates with separate compartments. Some toddlers don't like to mix their foods together.
- Set a good example. Your toddler will tend to like to eat the same foods you like.
- Let your toddler sit at the table in a booster chair.
- Offer your toddler 3 regular meals and 2-3 snacks every day.

Try not to get frustrated! Toddlers can be very picky eaters.

