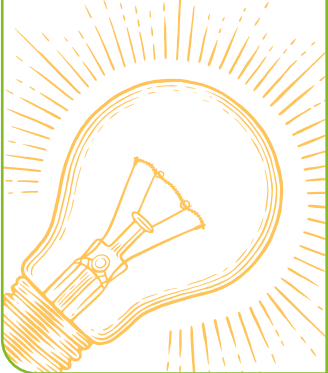


Food 1
before 1
is just for
Fun



Introduce solid foods when your baby has good head and neck control, sits with minimal support and no longer pushes food out of their mouth. This is usually around 6 months of age. Solids should always be given under close supervision.

Tips



1. Always breastfeed before offering solids at meals. Offer solids about one hour after breastfeeding.
2. Breastfeed as frequently as you did before offering solids. Add solids as your baby's appetite increases.
3. Food before 1 year of age should complement breast milk feeds and should not be your baby's main source of nutrition.
4. Add breast milk to solid foods offered to your baby by trying the following: mixing breast milk into infant cereal, mashed potatoes, or pureed foods. Try mixing with pureed fruit and freezing for a healthy treat!



6 Months

- Offer solids once a day after a breast milk feeding.
- Offer sips of water from a cup with meals.
- Offer only 1 new food every 3-5 days to ensure your baby does not have an allergic reaction.



6-9 Months

- Offer meals up to 2 times a day.
- Continue to give breast milk feeds prior to offering solids.
- Consider offering soft finger foods that have been diced into small pieces to allow for self-feeding.
- Juice is not necessary, but if offered, limit amount to less than 4 ounces a day, diluted with water. Always put juice in a cup and never a bottle.



9-12 Months

- Offer solids at meals while continuing to give breast milk feeds before all meals.
- Encourage baby self-feeding. Follow baby's cues to increase or decrease the amount of solids offered.
- Baby should get no more than an average of 25% of their calories from solid foods until 12 months of age. Slowly increase this amount as weaning occurs.
- Continued breastfeeding is recommended for at least the first 2 years of life.*

*The American Academy of Pediatrics recommends breastfeeding for at least the first 2 years of life, as well as slowly increasing solids to meet the child's growing needs.