

# 6 months old

Pediatric Associates, Inc.

## Food for Thought

*Any feeding concerns?*

*Is your baby having problems with any food?*

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

*Do you put your baby to bed with a bottle?*

## Feeding Advice

*Your Baby's diet~*

- Continue breastmilk or iron-fortified formula, 30-32 ounces per day.
- Cereal 2-4 tablespoons, twice a day.
- Vegetables 1-2 tablespoons, twice per day.
- Fruits 1-2 tablespoons, twice a 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. per day in a cup. (Soft drinks, fruit punch and other sweetened drinks are not good for your baby.)

*Solid Food Tips~*

- Cereal – Use 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.
- Iron and vitamin D supplementation (available over the counter in a liquid multivitamin such as PolyVisol with iron) is recommended for breast feeding babies at a dose of 1 dropperful per day.



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Child's name \_\_\_\_\_

Date \_\_\_\_\_ Weight \_\_\_\_\_

Length \_\_\_\_\_ HC \_\_\_\_\_

*Additional Feeding Tips~*

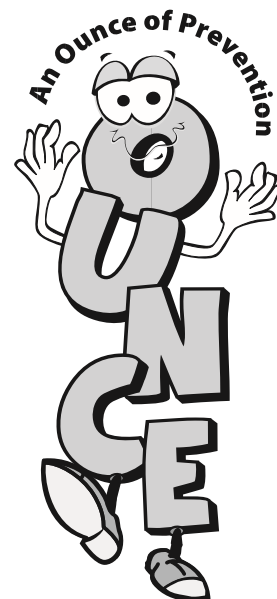
- Breastmilk and formula intake will decrease as your baby begins to eat more food. Let your baby decide how much food or breastmilk/formula is enough. Some days your baby will eat more than other days.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk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

## Be Active

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

## Safety

- Babies should always be placed on their backs to sleep, alone (without blankets, pillows, or other objects), in a crib or bassinet.
- Infants should never share a bed with others or sleep on any soft surface such as a bed or sofa due to a high risk of death from Sudden Infant Death Syndrome (SIDS)
- Infants ages newborn to 2 years old should ride in a rear facing car seat.
- Visit [www.healthychildren.org](http://www.healthychildren.org) for more Information about caring for your child



**is Worth a Pound**