



As you continue to introduce new solid foods, please remember to go slow... Allow only one new food at a time. Try that food for 3-4 days in a row. If your baby develops a rash, vomiting, or diarrhea, discontinue the new food and wait a month before trying it again. Do not feed your baby mixtures of foods until you have tried all the components individually first.

Suggested Diet for Your Baby: 6-8 months

Milk: Your baby should either breastfeed on demand or should be offered 20-24oz of IRON FORTIFIED formula per 24hours.

Cereal: 3-4 Tablespoons 1 to 2 times a day. Mix with breast milk or formula. You may introduce oatmeal or mixed grain cereals. Do not use "wet-pack" cereals (in the jar) since these have more fat and less protein than dry cereals.

Vegetables: 4-5 Tablespoons, 1 to 2 times a day. STAGE 2 foods or strained/ mashed table foods.

Fruits: 4-5 Tablespoons, 1 to 2 times a day. STAGE 2 foods or strained/ mashed table foods.

Meats: 3-5 Tablespoons, 1 to 2 times a day, STAGE 2 meats. Babies tend to prefer meats that are mixed with a fruit or vegetable.

Water: With the introduction of solid foods, some infants will enjoy a small amount of extra fluid throughout the day. Juices are OPTIONAL- they are not necessary. If you wish to add juices into your baby's diet, use only 100% juices which are pasteurized (they do not need to be "baby" juices) and DILUTE with at least equal parts water. Do NOT offer more than 4oz of juice per day. Suggested juices to try include: apple, pear, white grape, prune. You may begin offering a sippy cup at this point.

Misc: You may begin offering unsweetened whole-milk yogurt (mixed with fruit). Cooked beans (pinto, navy, lentil, etc...) may be offered after 8 months of age. AVOID peanuts, eggs, and shellfish until after your baby is 1 year old.

IMPORTANT NUTRITION POINTS

Breast milk or iron-fortified formulas are your baby's main source of good nutrition. Your baby should have breast milk or iron fortified formula for the first year of life in order to prevent anemia and allow for optimal growth and development.

After 6 months, once your baby can sit, you may offer soft/ mashed table foods- even if your baby has no teeth. Cook food until very soft- do not add extra salt and minimize spices. These mashed foods will provide more texture than strained foods/ baby foods. Your baby may spit them out a bit at first, but this does not mean he/ she does not like the new food. Be patient as your baby learns to handle the new texture- keep trying!

Once your baby can sit on his/ her own (usually 7-8 months), you can offer some finger foods. Please remember- even with teeth, your baby cannot "chew" until he/ she is a bit older. Please be sure all finger foods are SOFT, in SMALL PIECES, and are EASY TO SWALLOW. Suggested finger foods include: toast in strips, crackers (soda or graham),

cereal (non-sweetened cheerios), bananas, peaches, pears, cooked soft vegetables. After 8 months, you may offer "junior" foods.

Resist the temptation to feed your baby desserts, puddings, punches, or soft drinks. These serve no nutritional value and may spoil your baby's appetite for more nourishing foods.

Do not feed honey to children less than 12 months of age. Uncooked honey may contain bacteria or chemicals which can be extremely harmful to young babies.

Fluoride is necessary for proper tooth/ enamel development. City water contains all the fluoride your child will need. Ask your doctor about fluoride if you have well water, as well water may have too little fluoride, or at times too much.

POINTS TO PONDER

1. Your child will begin to crawl and pull-up very soon! Safety is your main priority at this age. Exersaucers/ jumpers are fine for short time periods, however long times in these devices can delay motor development. Try to limit to 30 minutes per day.
2. Remove all valuable objects from the floor and low tables.
3. All dangerous or poisonous objects (chemicals, medications, household cleaners, sharp items, small items) should be removed from low areas and cabinets- these should be placed up high in a secure container.
4. Remove all dangling cords from your baby's reach (coffee pots, kitchen appliances, irons, curling irons, etc...). Be careful when cooking that the handles on your pans are turned inward.
5. Do not leave a bottle of milk or juice in your baby's crib. Do not feed your baby while lying flat. Doing so may lead to ear infections, choking, or dental cavities.
6. "Teething" infants do not develop a fever over 101 degrees F nor do they have diarrhea. Teething symptoms should be treated with a cool teething ring or cool washcloth. Frozen objects should NOT be used for teething as these could damage your baby's developing teeth and gums. Acetaminophen (Tylenol) or ibuprofen (Advil/ Motrin) can be helpful- ask your doctor for the correct dose for your child.
7. It is normal for your baby to show anxiety towards strangers by crying. He/she may be more "clingy" and less willing to separate from you. These are normal behaviors. Be patient with your child and provide gentle reassurance.
8. Give your baby plenty of opportunity to play on the floor and explore his/ her environment.
9. Choose toys carefully. Avoid all toys with small or detachable pieces that may be swallowed. Be careful of sharp corners on toys or furniture.
10. Please, DO NOT SMOKE AROUND YOUR CHILD (at home or in the car). Secondhand smoke increases your child's risk for respiratory and ear infections.
11. Any water is a drowning hazard, no matter how small the amount. NEVER leave your child unattended in the bathtub, even momentarily. To avoid scalding injuries, set your hot water thermostat at 120 degrees F or lower.
12. Do not put necklaces or pacifier cords around your baby's neck; this may lead to strangulation.
13. Continue to use an appropriately sized car seat for your baby. Car seats must remain REAR-FACING in the BACKSEAT of the car until your baby weighs 20 pounds AND is 1 year old.
14. In case of accidental poisoning, immediately call the Poison Control Center (1-800-222-1222 or 704-355-4000) or your pediatrician.