

# Introduction of Solids

The introduction of solids in your infants diet should occur between 4 and 6 months of age for breast fed babies and for formula fed babies when they consistently take more than 32 ounces per day. Although there are no absolute rules to feeding, some guidelines provided in this handout may be of use. Remember that your baby should be seated upright in either a highchair, a baby seat or your lap. Your baby may tongue thrust the food out of his/her mouth at first but over a period of weeks to weeks it will get easier.

## Parents Frequently Asked Questions

### *How often do I feed my baby?*

Start with two meals a day, one around breakfast and one around dinner time. If things are going well you may offer 3 meals per day.

### *How much food should I give?*

Remember that the majority of calories a baby needs should be from fat (bottle or breast). Your baby should take 16 to 30 ounces per day or 5-6 breast feeds per day.

### *My baby cries during solid feeding and calms down with a bottle or breast, what should I do?*

Your baby may not be ready for feeding quite yet. Feeding should be a happy experience for you and your baby. It's not necessary to start solids at any specific time. Try again in a week or two.

### *Should I put cereal in the bottle?*

It is not recommended to put cereal in a bottle because it can lead to excessive weight gain and your baby needs to learn the process of eating off of a spoon.

### *Are there any foods I should avoid?*

Because of the risks of botulism children under one year old should not have honey. If you are making your own baby foods avoid carrots, beets, turnips, collard greens and spinach as they may contain excess nitrates. We recommend the commercial preparations of these foods.

DR R.E.KIENZLE & DR. A. FORMAN  
610-647-1484  
17 INDUSTRIAL BLVD.  
PAOLI, PA 19301

## **SAMPLE FEEDING PLAN**

**Start with rice cereal. Mix about a tablespoon of rice cereal with either formula, breast milk or water. Add enough to make a loose "soup-like" consistency. Feed with a baby spoon. Don't forget to buckle your baby in!**



**Once your baby get the hang of spoon feeding you can try oatmeal and/or barley cereals prepared the same way. Lastly you may try wheat cereals.**



**Next you can try the orange vegetables. You may start with carrots, sweet potatoes or squash . Introduce one at a time with 3-4 days between new foods. Note that the color and texture of your baby's stool may change.**



**After the orange vegetables, try the green vegetables like peas or green beans. Remember to wait 3-4 days between new foods. If you see any new rash, stop that food and go back to the previous foods for a few days.**



**Fruits are next. Try apples, bananas, pears. Continue to wait 3-4 days between new foods. Avoid citrus fruits until closer to 1 year of age. You can combine any of the foods you've already introduced for some variety.**



**Meats can be introduced next. After you've introduced all these foods, start combining them for variety or use Stage 2 foods. Once chewing skills are mastered, you can start giving Stage 3 foods or small pieces of soft table foods. Start with foods with a "cottage cheese" consistency; like small pieces of well cooked noodles, rice or carrots.**

## **Baby Food Basics**



**Stage 1-** These are simply pureed single ingredient foods. They are great for introducing new solids.

**Stage 2-** These are combinations of pureed foods. They are great to save time when trying to add variety to the diet.

**Stage 3-** These are combination or single ingredient foods with some texture. These are used when baby chews and sits up well.

### **Some Reasons to Call our Office:**

- 1) **As always, if you are uncomfortable with how your child appears.**
- 2) **Your child is having new rashes on the face or body.**
- 3) **Your child is having any breathing problems or persistent coughing.**
- 4) **Your child is having diarrhea or blood in the stools.**