

INFANT FEEDING MADE SIMPLE

Start feed @ 4-6 months

1. Start 1-2 tbsp oatmeal/mixed grains cereal mixed with formula or breast milk to a soft wet pasty consistency. Spoon to child 2 times per day. After one week may change type of cereal.
 - a. If child seems to dislike cereal, may try adding one fruit (1/2 - 1 tsp) for flavor only.
 - b. As cereal seems to be going well increase amount to 2-4 tbsp per day

2. Add fruits and vegetables
 - a. The key here is to add one new item every 5-7 days. You don't have to stick with all vegetables or all fruit, you can jump around.
 - b. Your goal is to get to 3 meals per day with 2 servings each of fruit and veggies per day.
 - c. 1 serving equals 1/2 - 1 packet of Stage I. This will vary depending on your child's appetite. As your child grows you will advance to Stage II, which are larger jars.
 - d. Meats may be added - 1 serving per day after you are through with all fruits and veggies (usually 6-7 months)

Initially with adding solids you will not see a change in volume of formula, but as you increase amounts of solids your child's formula volume will decrease, usually we would like to see < 24 oz per 24 hours by 9 months of age.

Remember, the key to feeding is to have fun with it. Don't get too caught up over rules. Also, try to not make your dislikes your child's, let them try everything!