

STARTING SPOON FEEDINGS!

Your baby will probably be ready for cereal by 6 months of age.

You will know when your baby is ready for cereal when your baby does these things:

- Sits up with support
- Holds his or her head steady
- Reaches for things and can hold them
- Watches food, waits with an open mouth for food, and then closes mouth over food
- Takes cereal from a spoon and swallows it easily

How To Start Cereal

- **Offer cereal from a small spoon.** Put the spoon to your baby's lips. Your baby will suck food from the spoon, using the sucking skills learned with the nipple. Do not put cereal in a bottle or infant feeder. Your baby needs to learn how to eat from a spoon.
- **Start with rice cereal. It is easy for your baby to digest.** Then try barley or oat cereal. Wait until your baby is at least 8 months old before giving high protein or mixed cereal, and cream of wheat.



Helpful Hints

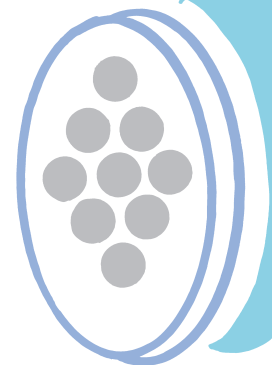
- Pick a quiet and relaxed time to start feeding cereal. Make sure your baby has already had some breastmilk or formula. Morning feedings are often best.
- Begin with plain dry, boxed infant cereal. You can use infant cereal until your baby's first birthday.
- Wait at least 5 days between new foods. If a new food causes a stomachache, diarrhea, or skin rash, wait a month and then try the new food again. Maybe this time your baby can handle it without a problem.

How Much To Give Baby?

- **Start with about a teaspoon of dry cereal mixed with a tablespoon of breastmilk or formula one time a day.**

Gradually increase the amount of cereal. In a few weeks, your baby will probably take 1-4 tablespoons once or twice a day. By 8 months, your baby will probably take 4-8 tablespoons twice a day.

Notes for Feeding Your Baby:



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