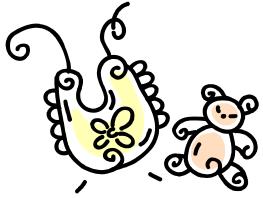




Starting Solids!

Wisconsin WIC Program
March 2009

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Look Ahead and Find

- **When** you can start solid foods with your baby
- **What** solid foods you start first
- **How** to start feeding your baby solids

Don't Start Early!

According to the American Academy of Pediatrics -



Breastmilk and formula is all your baby needs to support growth and development in the first 6 months of life.



There are risks to your baby if you start solid foods before your baby is ready.

- Choking
- Develop food allergies
- May take in less than the needed amount of breastmilk or formula.

Is your baby ready?

Every baby develops at their own rate!

You will know when your baby is ready if your baby is around 6 months old and he or she can:

- Sit up with support
- Hold his or her head steady
- Reach for and hold objects
- Wait with an open mouth
- Take cereal from a spoon and swallow it easily



*** If your doctor says not to, your family has allergies or your baby was born early, talk to your doctor and WIC before you try feeding your baby other foods.

Start with Cereal

- Start with iron-fortified rice cereal first.
It is the easiest for your baby to digest - then try oatmeal or barley.
- Mix cereal with breastmilk or formula.
Mix it thin at first.
- Offer it from a small spoon.
- Never put cereal in a bottle.
This can lead to your baby choking,
not learning how to eat from a spoon,
and becoming overweight.



Introduce New Foods Gradually

Start with single ingredient foods one at a time.

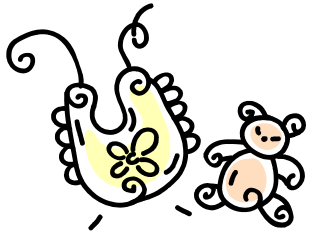


Introduce one food every 2-4 new days. (2-3 times per week)
Watch for any possible reactions.



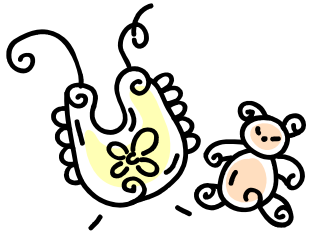
Serving and Storing Baby Food

- Follow “Use By” dates when buying and storing unopened baby food.
- Avoid feeding directly from the container. Babies usually don't finish a whole container in one feeding. If a spoon used for feeding is put back in the container, bacteria from the baby's mouth can spoil it. Instead take a small amount of food from the container and put it in a bowl for serving.
- Throw away any baby food that is leftover in the bowl.
- Immediately store opened containers in the refrigerator and use it within 2 days. Baby meat should be used within 1 day.
- Do not microwave containers of baby food. The food can heat unevenly and some parts might burn your baby's mouth.



Feeding Time With Your Baby

- If you feed your baby with a bottle - don't prop or put your baby to bed with it.
- Be patient - your baby needs lots of practice to learn to how to eat. Early eating can be messy.
- Family meals - your baby should start to eat his or her meals with the family.



Feeding Time With Your Baby

- **Pay close attention** - your baby will let you know when they are hungry or full.
- **Your baby is hungry when** - they have excited arms and legs, turn their head and open their mouth. They might suck on their hands and fuss a little.
- **Your baby is full when** - they stop sucking and let go of the nipple. If they close their mouth and turn away and refuse the spoon.

What About Water and Juice?

- Water and juice are not recommended before your baby is 6 months old.
- Juice is not needed in the first year.
- Juice should never be fed from a bottle - only from a cup.





What will my baby get from WIC?



All babies will get Gerber baby cereal, fruits and vegetables when they turn 6 months.

If you are fully formula feeding your baby -

- ✓ The amounts of formula you get will change based on your baby's age.
- ✓ The amount will go down when your baby turns 6 months due to your baby eating more foods at that age.

If your baby is fully breastfeeding and not taking any formula, you will get twice as much baby fruits and vegetables and will get meats too!

