

# I'm six months



The first 6 months of your baby's life went fast! The second 6 months will be filled with exciting changes - first foods, first cup, crawling, first steps and more.

## baby's first bites

Around the age of 6 months, most babies are ready to eat pureed fruits, vegetables and infant cereal.

- put a bib on your baby and offer small spoonfuls of pureed foods.
- start with infant cereal and single ingredient fruits and vegetables.



If your baby was born early or has a family history of allergies, talk to your health care provider before starting solid foods.

## it's time for a cup

- offer sips of breastmilk, formula or water in a cup when your baby is eating solid foods.
- most babies cannot hold a cup on their own at 6 months - hold it for him. He will slowly learn how to hold and drink from a cup on his own.
- do not give soda, sweet drinks or tea to your baby.

*Continue breastfeeding or using infant formula until your baby is 1 year old.*

## how much should my baby drink?

Listen to your baby's appetite - feed him when he's hungry and stop feeding when he's full.

**Your baby may be full when he:**

- stops sucking and lets go of the nipple.
- closes his mouth and does not want to open it.

When your baby is 8 to 12 months old, he will learn to drink more from a cup and less from a bottle.

Weaning from a bottle around 12 months will be easier for your baby.



© Nutrition Matters, Inc.

## develop some simple routines:

...a relaxing bath before bedtime, learn to fall asleep bottle - rock, softly sing to him, and snacks at same times



...eat meals at regular times, **it is the time to start.** ...will learn healthy eating habits watching you and others. ...**times...they feel loved and safe.**

## at the family table

...will be ready to eat some same foods as the rest of around **8 to 12 months.**

...or finely chopped table foods sugar or seasonings such as:

...vegetables - mashed carrots, peas, green beans or squash, mashed banana, apples, pears or applesauce, noodles and rice, bread or toast.

...in a highchair or booster seat. ...himself with his fingers and a foods that stick to his spoon:

...yogurt  
...cottage cheese  
...refried beans  
...cooked cereals

...honey or foods made with honey baby - these foods can cause serious food poisoning.

...health care provider if you have about how your baby eats such as:

...often,  
...to chew and swallow foods,  
...foul or upsetting for your baby or you.

**moving with baby steps**

...evolve your nutrition information. ...be obtained from your health care provider. B006