

Feeding Your Baby

0-4 months

Breast Milk: Feed on demand (whenever baby appears to be hungry)

Formula: 0-1 months: 1-4 oz every 2-4 hours

1-4 months: 3-8 oz every 4-6 hours

Nurse about 10-15 minutes on each breast. Burp inbetween breasts. When baby stops sucking or pushes out the nipple, stop feeding.

4-6 months

Breast Milk: Feed on Demand

Formula: 6-8 oz per feed, 4 to 6 times per day

Solids: 2-4 oz, 1-2 times per day. Start simple with single-ingredient foods that contain no sugar or salt. Baby fruits and vegetables are great starter foods. Wait 3-5 days between each new food, to see if your baby has a reaction, such as a rash or vomiting.

Once your baby starts solid foods, s/he can start drinking water. We do not recommend juice- now or ever- due to the high sugar content.

6-8 months

Breast Milk: Feed on demand

Formula: 6-8 oz per feed, 3-4 times per day

Continue a variety of fruits and vegetables

Start meats and cereal: Iron and Zinc are important nutrients in the 2nd half of your baby's first year. These nutrients are found in pureed meats and single-grain, iron-fortified cereal. Avoid feeding your baby only rice cereal.

This is a great time to introduce allergenic foods, such as peanut powder, eggs and fish. The newest studies show that early and regular ingestion of certain foods can help decrease the risk of allergy to that food.

8-12 months

Breast Milk or Formula: 3-4 times per day, 6-8 oz per feed

By ages 8-10 months, most babies can handle small portions of finely chopped finger foods, such as soft fruits, vegetables, cheese, well-cooked meat and fish, beans, tofu and dry cereal.

Yogurt, cottage cheese, hummus and soups are other good options at this age, in addition to the continuation of peanut butter and eggs. A healthy variety of foods is the goal.

This is the time your baby may develop adult-like eating patterns, taking 3 meals per day plus snacks.

Avoid choking hazards, such as grapes, hot dogs, sausages, popcorn, nuts and uncooked vegetables. Avoid processed foods.

12- 24 months

Switch over to whole milk. Continue 3 meals per day plus snacks.

In general, offer small portions and never force a child to eat! You provide, they decide. Avoid power struggles.