

Airplane Choo Choo FEEDING TIPS FOR 6-8 MONTHS

Complementary foods can be introduced at approximately 6 months of age.⁴ To provide adequate nutrition, continue to feed your baby breast milk or iron-fortified infant formula while introducing complementary foods. The time that your infant is 6-8 months of age is a critical window for initiating complementary foods because of the developmental processes occurring during this time.⁴



Each baby's readiness for food depends on their rate of development, but generally your baby is ready for food when...^{5,7}

- Your baby has the strength and stability to sit upright alone or with support.
- Your baby has the ability to control their head and neck.
- Your baby is trying to grasp small objects like food or toys.
- Your baby shows interest in food by bringing objects to their mouth.
- Your baby can move food from a spoon into their mouth.
- Your baby is swallowing food rather than pushing it back out onto the chin.

Do Not Do

- Do not give your baby cow's milk or other animal milks.
- Do not give your baby plant-based milk alternatives.

Feeding Tips*^{7,9}

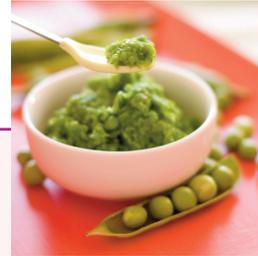
- Introduce one "single-ingredient" new food at a time.
- Offer a variety of different foods. Rest assured that it may take several attempts for your baby to accept a new food.
- Do not use your microwave to heat up your baby's food. It can become too hot.
- Continue to feed your baby breast milk or iron-fortified infant formula through the first year of life.
- Do not feed your baby fruit juice or other beverages including plant-based milk alternatives, soft drinks, coffee, tea or caffeinated beverages.
- Do not put cereal in a bottle without a discussion with your pediatrician.
- You can start feeding your baby in a high chair, but make sure it can't tip over. Be sure to secure your baby with the safety straps.



*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).



Your baby is ready to try a variety of baby cereals and strained fruits and vegetables. You may introduce water in a cup. Do not worry if your baby cannot hold the cup, your infant will get the hang of it.



Introducing First Foods⁴

The American Academy of Pediatrics recommends introducing first foods that provide key nutrients such as iron- and zinc-fortified infant cereals or pureed meats as your baby's first food.

- Feed your baby iron- and zinc-fortified baby cereals, not adult cereals.
- Use only single ingredient foods like rice cereal or pureed beef. Wait about 3-5 days before introducing another food to watch for an unhealthy reaction.
- Be patient! Your baby may refuse to eat a new food at first. Offer new foods multiple times; it can take more than 8 times before an infant accepts a new food flavor or texture.

Introducing a Variety of Foods^{4,9}

- Introduce one "single-ingredient" new food at a time and wait several days before adding a new food to be sure there isn't an unhealthy reaction.
- By 7 or 8 months of age, infants should be eating foods from all food groups (grains, meats, fruits, vegetables and dairy) and the variety of foods will continue to grow over the next several months.
- Although many pediatricians recommend offering vegetables before fruits there is no scientific evidence that it will change your baby's preference. Babies are born with a preference for sweets and it is not affected by order of introduction.
- Do not feed your baby fruit juice or other beverages including plant-based milk alternatives, soft drinks, coffee, tea or caffeinated beverages.
- Do not give your baby honey due to risk of botulism.

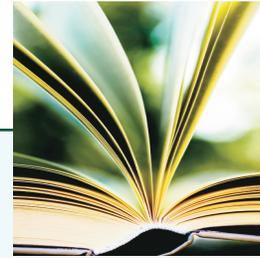


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Reference List



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