



4 – 6 MONTHS

Help Your Baby Learn Healthy Eating

Breast milk (or infant formula with iron if breast milk is not available) is still the best food for your baby. Never prop a bottle.

Sweet drinks are not good for your baby. Avoid water sweetened with sugar or honey, pop, sports drinks, sweet tea, and fruit drinks.



When can your baby start baby foods? At about 6 months you can probably say “yes” to all these questions.

- *Can she hold her head up?*
- *Does she open her mouth when food comes?*
- *Can she move food from a spoon to her throat to swallow?*



4 – 6 MONTHS

Help Your Baby Learn Healthy Eating

Breast milk (or infant formula with iron if breast milk is not available) is still the best food for your baby. Never prop a bottle.

Sweet drinks are not good for your baby. Avoid water sweetened with sugar or honey, pop, sports drinks, sweet tea, and fruit drinks.



When can your baby start baby foods? At about 6 months you can probably say “yes” to all these questions.

- *Can she hold her head up?*
- *Does she open her mouth when food comes?*
- *Can she move food from a spoon to her throat to swallow?*

Remember every baby is different. Most babies are ready for solid foods at about 6 months old and that is when baby food is added to the WIC checks.

Give baby foods from a spoon – not in a bottle or infant feeder.

There is no rush to start baby food. When she is ready, here are some tips to help you get started:

- Give your baby a little breast milk or formula first then try a little baby food. It is easier to learn something if you are not hungry!
- For most babies it does not matter what the first baby foods are. Usually, cereals are started first. Make sure the baby cereal contains iron and mix it with breast milk, formula, or water.
- Baby foods should list only one ingredient on the label.
- Give your baby one new food at a time. Wait at least 2-3 days before starting another. Watch for diarrhea, vomiting, or a rash. If this happens, stop the new food and call the baby's doctor if the problem continues.
- If you are using jars of baby food, take out one serving and put the rest in the refrigerator.

Adapted from American Academy of Pediatrics www.HealthyChildren.org
9/2013

Remember every baby is different. Most babies are ready for solid foods at about 6 months old and that is when baby food is added to the WIC checks.

Give baby foods from a spoon – not in a bottle or infant feeder.

There is no rush to start baby food. When she is ready, here are some tips to help you get started:

- Give your baby a little breast milk or formula first then try a little baby food. It is easier to learn something if you are not hungry!
- For most babies it does not matter what the first baby foods are. Usually, cereals are started first. Make sure the baby cereal contains iron and mix it with breast milk, formula, or water.
- Baby foods should list only one ingredient on the label.
- Give your baby one new food at a time. Wait at least 2-3 days before starting another. Watch for diarrhea, vomiting, or a rash. If this happens, stop the new food and call the baby's doctor if the problem continues.
- If you are using jars of baby food, take out one serving and put the rest in the refrigerator.

Adapted from American Academy of Pediatrics www.HealthyChildren.org
9/2013