

Birth – 4 months:

- Your infant needs only breast milk or formula for the first four months of life.
- Do not give water to your infant until they are at least six (6) months of age.

4 – 7 months:

- Cereal can be started as early as 4 months, but most infants should wait until 6 months. If your child is growing well and is satisfied with breast milk/formula, try to wait until they are older before starting solids.
- Initially offer single grain rice cereal once a day (2-3 tablespoons mixed with breast milk, formula, or water).
- Once your child is doing well on cereal, you may start offering Stage 1 infant foods. Start with vegetables first and then advance to fruits.
- When starting a new food, offer the same food for 5 days in a row while watching your child for signs of any allergic reaction (rash, lip/tongue swelling, trouble breathing). You may start a new food every five days.
- Give cereal once each day and infant foods 1-2 times each day. An average feeding is one jar of infant food.
- At 6 months of age, you can start to offer your child water.
- Children do not need juice. It is better for them to drink only breast milk, formula, or water. Juice may be helpful if your child is constipated. If your baby is constipated you may give 2-4 ounces of apple juice, white grape juice, prune juice, or pear juice to help stools stay soft.

7 – 9 months:

- Once your child has tried all the Stage 1 foods, you may begin to offer Stage 2 foods.
- You may start meats as early as 7 months of age.
- You may start Stage 3 foods around 9 months of age.
- You should introduce a sippy cup when your child is 6-8 months of age.
- Your child should be eating solid foods three times per day at 9 months of age.

9 – 12 months:

- You may begin soft table foods such as yogurt, cheese, bread, avocado, soft fruits, cooked vegetables, etc.
- Avoid choking hazards (small, hard foods) such as nuts, raisins, whole grapes, popcorn, etc.
- Use caution with foods that have high allergy potential including fish, peanut butter, and eggs. Discuss your questions or concerns with your doctor.
- Do not give your child honey until he/she is at least one year old.
- Continue to give your child breast milk or formula until he/she is one year old. Once your child is one year old you may switch to whole milk.
- Stop giving your child a bottle at one year of age and change over to a cup only.