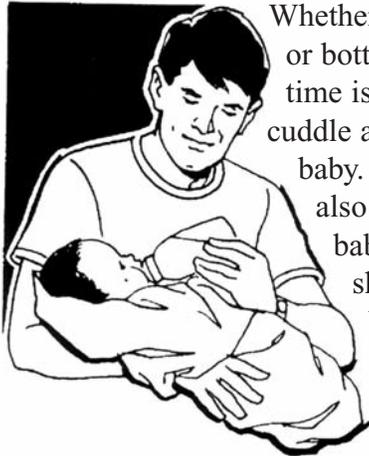


# Texas Children's Hospital

## *Caring for Your Child's Health*

### Feeding Your Baby

#### Birth to 1 Year



Whether you are breastfeeding or bottle feeding, feeding time is an opportunity to cuddle and bond with your baby. And of course, it is also the time to give your baby the nutrition he or she needs to grow and be healthy.

#### **Birth to 4 months**

- Breast milk is the best food for babies. After all, it is specially made just for your baby!
- Your baby only needs breast milk or iron-fortified formula. He or she should not be given cow's milk, goat's milk, soy milk, juice or water.
- Whether breastfeeding or formula feeding, your baby should have eight or more feedings each day.
- Most newborns will eat about every two to four hours. If your baby has been fed within one hour and begins to cry, he or she may not be hungry. Try changing your baby's diaper, burping or putting him or her down to sleep.
- Your baby is eating enough if he or she is having six or more wet diapers each day.
- Never put babies to bed with a bottle. This can lead to tooth decay.

- When your baby has eaten enough, he or she may:
  - ✓ Smile and let go
  - ✓ Fall asleep
  - ✓ Bite the nipple
  - ✓ Pucker his or her lips
  - ✓ Pull away from the nipple
  - ✓ Close his or her lips tightly if you try to put the nipple back in

- Ask your pediatrician if your baby needs to be supplemented with vitamins or minerals. Healthy, term infants generally do not require additional vitamin and iron supplementation before 2 months of age.



- ✓ By 1 week of life, exclusively breastfed infants should receive a vitamin D supplement of 400 IU per day.
- ✓ The American Academy of Pediatrics (AAP) recommends that an iron supplement be started at 4 months for exclusively breastfed babies and continued until iron fortified solid foods are introduced.
- ✓ At 6 months of age, iron-containing complementary foods should be offered to all babies.
- ✓ Standard term formula with iron will meet the needs of the formula fed infant. The AAP recommends never using low iron formulas.

- Adding solid foods to a bottle is not necessary unless medically indicated. Eating solid foods can cause babies to take less breast milk or formula. Breast milk or formula has more nutrients. If your baby cannot or will not eat from a spoon, he or she is not ready for solid food.

## 4 months and beyond

The AAP recommends that solid foods be introduced at 4 to 6 months of age. If your baby was born premature (less than 37 weeks at birth), you should wait until he or she is 4 to 6 months corrected age before introducing solid foods.



## Choking caution

The following items have caused choking in very young children including:

- Nuts
- Gum
- Popcorn
- Marshmallows
- Peanut butter
- Carrots
- Hard candies
- Hot dogs or sausages
- Ice cubes
- Olives
- Grapes
- Chunks of fruit

It is important to remember that every baby is different. The table on the next page is a guideline to help you feed your baby when he or she is developmentally ready to eat solid foods. Your baby is probably ready for solids if he or she:

- ✓ has good head control
- ✓ can sit up without support
- ✓ does not thrust his or her tongue out when fed

Don't worry if your baby eats more or less than suggested in the table. Your baby knows how much to eat, so trust him or her to guide you. **Never force a baby to finish a bottle or clean a plate of food.** This makes mealtimes stressful and can cause a baby to become a picky eater.



## Feeding Guidelines, Birth to 1 Year

	Food Group	Foods	Daily Servings	Suggested Serving Size	Feeding Tips
<b>0-4 Months</b>	Milk	Breast Milk or	On demand		<ul style="list-style-type: none"> <li>• Nurse as long and as often as your baby wants – every 1½ to 2 hours is okay.</li> <li>• Nurse baby at least 10-20 minutes on each breast.</li> <li>• Heating milk in the microwave is not recommended as milk may heat unevenly and burn baby's mouth. Microwaving milk also causes a loss of nutrients.</li> </ul>
		Formula	8+ Servings	2-8 ounces per feeding	
<b>4-6 Months</b>	Milk	Breast Milk or Formula	On demand 4-6 servings	4-6 ounces per feeding	<ul style="list-style-type: none"> <li>• The AAP recommends that an iron supplement be started at 4 months for exclusively breastfed babies and continued until iron fortified solids are introduced.</li> <li>• Breast milk or formula has all the nutrition your baby needs and will satisfy your baby longer than cereal.</li> <li>• Introduce only one new cereal each week.</li> <li>• Start iron-fortified baby cereal by spoon when baby sits with support, opens mouth when food is offered, and is able to move semi-solid food from the front of the tongue to the back.</li> </ul>
		Grain	Baby Cereal (iron-fortified)	2 Servings	
<b>6-8 Months</b>	Milk	Breast Milk or Formula	On demand 3-5 servings	6-8 ounces per feeding	<ul style="list-style-type: none"> <li>• Add strained/pureed vegetables and fruits first, and then add cooked vegetables and mashed or finely chopped fruits.</li> <li>• Feed only one new fruit or vegetable each week.</li> <li>• Avoid combination dinners.</li> <li>• Try giving 100 percent fruit juice in a cup. Juice in a bottle may cause tooth decay</li> <li>• Add strained/pureed meats now.</li> <li>• Feed only one new meat a week.</li> <li>• When using food from a jar, remove amount for one feeding and refrigerate the unused portion.</li> </ul>
	Grain	Baby Cereal (iron-fortified)	2-3 servings	1-2 tablespoons	
		Soft Breads or Cereals	Offer occasionally	1/4 slice or 2 crackers	
	Vegetable	Vegetables	2	2-3 tablespoons (plain, cooked, strained or mashed)	
	Fruit	Fruit Fruit Juice	2	2-3 tablespoons	
1			2-4 ounces of 100 percent fruit juice in a cup only.		
Meat	Chicken, Beef, Pork	1	1-2 tablespoons (plain cooked, pureed)		

## Feeding Guidelines, Birth to 1 Year

	Food Group	Foods	Daily Servings	Suggested Serving Size	Feeding Tips
<b>8-12 Months</b>	Milk	Breast Milk or Formula Cheese Plain Yogurt Cottage Cheese	On demand 3-4 servings  Offer occasionally	6-8 ounces per feeding  1/2 ounce 1/2 cup 1/4 cup	<ul style="list-style-type: none"> <li>• Offer fresh fruit and cooked vegetables in bite-sized portions. Some fruits may need to be peeled (e.g., apples, pears).</li> <li>• Be patient. Babies are messy when they feed themselves.</li> <li>• Continue to offer beverages in a cup.</li> <li>• Offer finger foods to encourage self-feeding</li> <li>• Let baby use a spoon for self feeding.</li> <li>• Always taste heated foods before serving them to baby.</li> <li>• Highly allergenic foods (milk, soy, egg, wheat, peanut, tree nut, fish and shellfish) may be introduced after baby tolerates single ingredient solid foods.</li> </ul>
	Grain	Baby Cereal (iron-fortified)	2-3 servings	2-4 tablespoons	
		Soft Breads or Cereals	1-2 servings	1/4 slice or 2 crackers	
	Vegetables	Vegetables Fresh or cooked	2 1	3-4 tablespoons	
	Fruit	Fruit Fruit juice	2 1	3-4 tablespoons Up to 4 ounces of 100 percent juice from a cup	
Meat	Chicken, beef, pork, dried beans (cooked) Egg yolks	2	3-4 tablespoons 1		

Adapted from: Airplane, choo-choo and other games parents play; courtesy of National Dairy Council. ©



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