

INFANT FEEDING

Birth to Around 6 Months

Your baby will:

- Suck and swallow liquids
- Have poor head and neck control

Food to offer:

- Breastmilk (preferred)
- Formula

How often to feed:

- Breastfeeding: 8-12 times/day or
- Formula: 14-42 ounces

Around 6 Months

Your baby will:

- Sit up with help
- Have good head and neck control
- Move food from front to back of mouth

Food to offer:

- Breastmilk or formula
- Infant cereal
- Fruits and vegetables (pureed)

How often to feed:

- Breastfeeding: 6-9 times/day or
- Formula: 26-39 ounces
- Pureed foods: 1-3 times/day when ready

8-12 Months

Your baby will:

- Pick up food with fingers
- Use gums and tongue to mash food
- Use teeth to chew food

Food to offer:

- Breastmilk or formula
- Grains (ground/chopped)
- Fruits and vegetables (ground/chopped)
- Meats and beans (ground/chopped)
- Dairy (no milk)

How often to feed:

- Breastfeeding: 4+ times/day or
- Formula: 24-32 ounces
- Solid foods: 3-4 times/day

6-8 Months

Your baby will:

- Sit up without help
- Move food from one hand to the other

Food to offer:

- Breastmilk or formula
- Grains (pureed/fork mashed)
- Fruits and vegetables (pureed/fork mashed)
- Meats and beans (pureed/fork mashed)

How often to feed:

- Breastfeeding: 6-9 times/day or
- Formula: 24-32 ounces
- Solid foods: 1-3 times/day

The American Academy of Pediatrics recommends exclusive breastfeeding for the first 6 months of life and continued breastfeeding until 12 months of age. Breastfeeding may be continued past 12 months if mutually desired by mom and baby

These recommendations are for healthy full term babies. Talk to your health care provider if you have any questions.

Sample Menu at 8 Months

Breakfast:

- Breastmilk or 4-6 oz formula
- Baby cereal mixed with breastmilk or formula, 2-4 Tbsp
- Applesauce, 2-4 Tbsp

Lunch:

- Breastmilk or 4-6 oz formula
- Fork-mashed bean, 1-2 Tbsp
- Chopped soft-cooked green beans, 2-4 Tbsp
- 1/2 whole-wheat tortilla, in small pieces

Dinner:

- Breastmilk or 3-4 oz formula
- Baby food chicken, 1-3 Tbsp
- Chopped cooked noodles, 2 Tbsp
- Chopped soft-cooked broccoli, 2-4 Tbsp

Mid-morning:

- Breastmilk or 5-6 oz formula
- 2 unsalted crackers, small pieces
- Small pieces of cheese, 1 Tbsp
- Baby food vegetables, 2-4 Tbsp

Mid-afternoon:

- Breastmilk or 4-6 oz formula
- Chopped soft-cooked green beans, 2-4 Tbsp
- Baby cereal mixed with breastmilk or formula, 2-4 Tbsp

Before bed:

- Breastmilk or 5-6 oz formula
- Baby food fruit, 2-4 Tbsp

Night time:

- Babies will sleep through the night when developmentally ready. Until then, baby will need to feed 1-3 times at night

Helpful Tips

- Foods to **AVOID** the first year: Cow's milk and honey
- Feed according to your baby's signs of hunger and fullness
- If your baby is ready, begin introducing solid foods 1-3 times per day. As your baby gets older, work up to 3-4 times a day
- Start with 1-2 tablespoons of food and add more if your baby is still hungry
- Wait a couple days in between each new food to watch for signs of a food allergy
- Juice is not recommended for babies. If you do offer juice, do not offer juice before 6 months of age. After 6 months, offer in a cup without a lid and limit to 4 ounces per day
- You may offer small amounts of water in a cup (up to 8oz/day) once your baby starts solid foods
- Do not add baby food or cereal to the bottle, unless advised by a doctor