



Starting Solids: Tips for Success

Feed the baby sitting up:

- On your lap
- In an infant seat
- In a high chair when your baby can sit without help

Your baby may be full when:

- He pushes food away
- She turns her head away
- He spits out food

To start. Try 1-2 tablespoons of dry rice cereal. Make sure it is iron-fortified. Mix it with breast milk or formula until soupy. Try this once a day (evening seems to be the favorite time for most families). If she eats everything, try a second meal. Thicken the cereal as the baby grows and becomes comfortable with feeding.

Babies have likes and dislikes. It takes time to get used to new tastes and textures. Don't worry if your baby does not want a particular food. Try it again in a few days.

Adding foods. After your baby eats cereal for a week or so, try feeding different foods. To begin, use 1/3 of a four-ounce jar at each feeding, and gradually increase to the whole jar. Pour the food into a separate dish and never put the spoon back in the main jar. This contaminates the food. Whatever is left in the jar can be refrigerated for the next feeding. Start with one new food every three to four days. This way, if your baby has a bad response like diarrhea or a rash, you can tell which food was the cause. Also you can prepare your own baby foods. Just make sure to cook fruits or vegetables completely with clean utensils and put them through a blender.

Starting solid foods is fun. Take your time to find the schedule that works best for you and your baby. And if you have any questions or concerns, call your doctor or nurse practitioner.

Adapted from Healthy Steps Interactive Multimedia Training and Resource Kit (2000).