

Kentucky Infant Feeding Guide Four to Eight Months

Food



Breast Milk or Infant Formula



Iron-Fortified Dry Infant Cereal and Grain Products



Meats and Protein Foods



Age, Development and Feeding Skills

4 - 6 Months

6 Months: Signs of Readiness for Solids:

Baby has good head control and can hold his head steady.

Can sit up with little or no help.

Baby follows spoon with her eyes and opens mouth to eat food.

Baby can close their mouth over the spoon and eat the food without spitting it back out on the chin.

5 - 7 Months

Baby begins to be able to sit alone.

Baby uses her entire hand to grasp objects and may try to grasp the spoon during feeding.

Baby can eat from a spoon easily.

Special Notes

Your baby will continue to breastfeed 5 or more times a day or will drink 24 - 32 ounces of formula each day.






- Remember to always hold your baby when feeding.
- By 4 months, your baby may double their birth weight.

- When your baby shows signs that they are ready for solids, start with one teaspoon of rice cereal.
- Solid foods should always be fed with a spoon.
- Use single grain cereals such as rice, barley or oat. Avoid wheat cereal at this time due to risk of food allergies.
- Mix the cereal only with breast milk or formula.
- You can slowly increase the amount of cereal to 1 - 2 tablespoons a day.
- Remember that your baby is learning to eat, so go slowly.
- Show your baby the food in the spoon and as you bring it toward her; the baby will open the mouth.
- You will know that your baby is done when they turn their head, closes the mouth, or has just lost interest in eating.

- After your baby has been on cereal for 1 to 2 weeks, try 1 - 2 teaspoons of plain baby food meats or pureed meats.
- Offer one new meat at a time.
- Take out a small amount of food from the baby food jar and heat in a bowl for feeding. This will allow you to use the baby food from this jar for up to 2 days. Throw away opened baby food after 2 days.
- Your baby does not need any added salt, sugar, or butter added to their food.
- Baby food meat "dinners" are only flavored with meat and do not provide enough protein.
- Try 1-2 tablespoons of mashed dried beans as a good protein source.
- Bacon, lunchmeats and hot dogs are not healthy choices for your baby and can cause choking.
- Eggs are not recommended until after 1 year of age.
- Keep your baby's gums and teeth healthy and wipe them with a soft washcloth or gauze pad after feeding.

Kentucky Infant Feeding Guide

Feeding From Four to Eight Months

Food	Age, Development and Feeding Skills	Special Notes
<p>Vegetables</p>  <p>Fruits</p>   <p>Other Dairy Foods</p>  <p>Grain Products</p> <p>Water</p>	<p style="text-align: center;"><u>6 - 8 Months</u></p> <p>Baby will try to pick up pieces of food and bring to mouth.</p> <p>Baby can learn to drink from a sippy cup.</p> <p>Baby can reach for spoon, point to food or show other ways to clearly show they are ready to eat.</p> <p>Baby can roll over and push up from stomach and start learning to crawl.</p> <p>Your baby wants to learn how to eat and will try more and more to feed them self.</p> <p>Baby can learn to drink from a small cup.</p>	<ul style="list-style-type: none"> • Once your baby accepts cereal and meats, vegetables can be added. • Begin with 1 - 2 teaspoons of baby food vegetables or pureed cooked vegetables and slowly increase the amount to 2 - 4 tablespoons a day. • Begin with 1 - 2 teaspoons of baby food fruits. Slowly increase the amount of fruit to 2 - 4 tablespoons a day. • Use plain fruit baby foods instead of desserts and fruits with added pudding. • Wait 3 to 5 days before introducing a new food. • Offer one new vegetable or fruit at a time to reduce the risk of allergy. • Juice can be offered at 8 months. It should be served only in a cup. Limit juice to 4 ounces a day. • Plain yogurt or cottage cheese may be started at 6-8 months. • Remember that your baby should still be breast feeding 4-5 times a day or drinking 24-32 ounces of formula a day. <div style="text-align: center;">  </div> <ul style="list-style-type: none"> • Introduce wheat cereal at 8 months of age. • Serve crackers, toasted bread, or dry cereal if baby is ready for finger foods. • Try pasta noodles such as macaroni or Spaghetti. Cut up the noodles to avoid choking. • Offer your baby plain water in a cup. Avoid adding sugar, syrup or honey to water. • Use only 2 - 4 ounces of extra water each day.



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