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A Guide for Feeding Your Baby Birth to 8 Months  
Michigan State University Extension Service  
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## Some Important Things to Remember

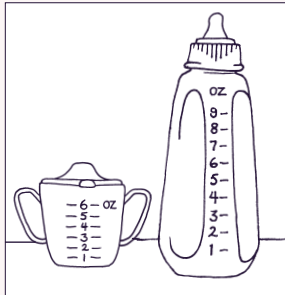


### Relax and hold your baby close during feeding.

Love is important for your baby's health. Do not prop bottles or put baby to bed with a bottle.

### Bottles are for breast milk and formula only.

- Feed your baby cereal in a dish using a small spoon.
- Give your baby small amounts of water or juice in a cup. Many families find a cup with a spout or sipper top works well.
- Do not put KoolAid® or other sweet drinks in your baby's bottle or cup.

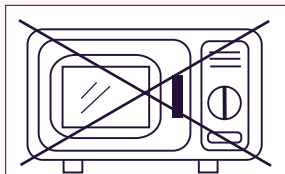


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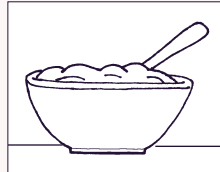
### Add one new food at a time.

Wait five days before giving your baby another new food. This gives your baby time to adjust to the new food. It is easier to tell which food might have caused an allergic reaction.

### Do not heat bottles in the microwave.



## Some Important Things to Remember

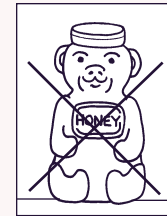


### Feed your baby from a bowl, not the jar.

Put a small amount of your baby's food in a small bowl. After your baby is done eating, throw away any food left in the bowl.

### Do not give honey to your baby.

It can cause infant botulism, a deadly disease.



### Never force baby to finish a bottle or food.

Your baby is the best judge of how much to eat.



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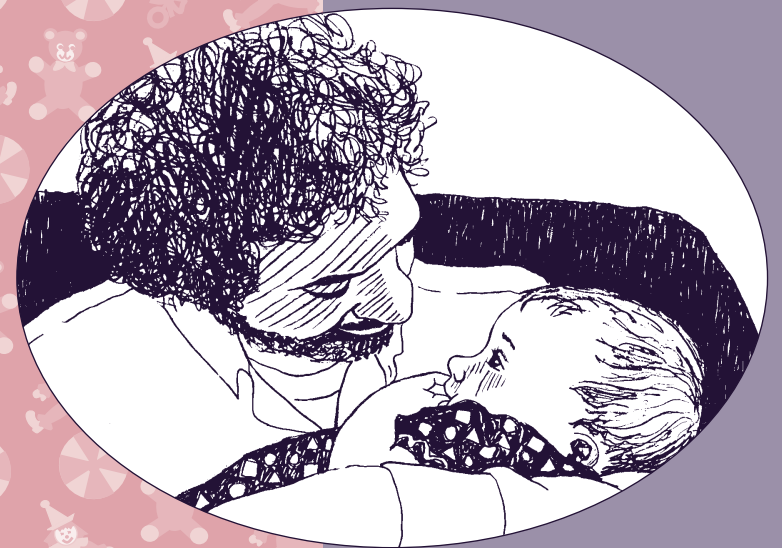
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# A Guide for Feeding Your Baby

## Birth to Eight Months




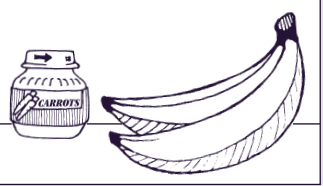
# Suggested Ages and Growth Clues for Adding New Foods

## Food for Baby (birth to 8 months)

Continue to feed baby breast milk or iron-fortified infant formula throughout the first year.

Infant cereal is the first solid food babies should get.



| Age               | Growth Clues for Adding Foods   | Foods to Introduce   |
|-------------------|---|--|
| birth to 4 months | Baby can: <ul style="list-style-type: none"> <li>• Suck and swallow liquid.</li> <li>• Push tongue out.</li> </ul>  | Breast milk<br>or<br>Iron-fortified infant formula   |
| 4 to 6 months     | Baby can: <ul style="list-style-type: none"> <li>• Sit with support.</li> <li>• Hold head steady.</li> <li>• Take food off spoon with mouth and swallow it easily.</li> </ul> | Baby cereal<br><b>First:</b> <ul style="list-style-type: none"> <li>• Rice, then oatmeal or barley.</li> <li>• Feed cereal from a spoon.</li> </ul> <b>Later:</b> <ul style="list-style-type: none"> <li>• Fruit juice with vitamin C.</li> <li>• Use a small cup to give your baby juice.</li> </ul>   |
| 6 to 8 months     | Baby can: <ul style="list-style-type: none"> <li>• Grab and hold onto things.</li> <li>• Sit without support.</li> <li>• Begin to chew.</li> </ul>                            | <b>First:</b> <ul style="list-style-type: none"> <li>• Strained, pureed or mashed, cooked vegetables.</li> <li>• Strained or mashed soft fruits. Soft fruits do not have to be cooked.</li> </ul> <b>Later:</b> <ul style="list-style-type: none"> <li>• Strained meat; cooked, mashed dry beans; cooked, finely chopped chicken; cooked, boned fish.</li> </ul>  |

**Talk with your baby's health care provider for more information.**

**Notes:**

