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|  |  | Starting Solid Foods  The best time to start your baby on solid foods depends on both age and development. |
| Contact **PHONE:**  **763-333-7733**  *24-hour access to care*  **FAX:**  **763-333-7711**  **WEBSITE:**  **childandteenmedicalcenter.com**  **EMAIL:**  **info@childandteenmedicalcenter.com** LOCATIONS: **Blaine:**  11107 Ulysses Street NE, Suite 100  Blaine, MN 55434  **Fridley:**  7225 University Ave NE  Fridley, MN 55432 PROVIDERS: Kaylee Adams, CNP  Jennifer Benton, CNP  Catherine Chang, MD  John Hollerud, MD  Jennifer Rousseau, MD  Stephen Sitrin, MD  Benjamin Williams, CNP  Molly Wirtz, CNP |  | Developmental Milestones Necessary to Start Solids  * At 4-6 months a child should have these skills:   -Sit with support  -Good head and neck control  -Able to push up why lying face down  -Placing hands or toys in mouth  -Leans forward and opens mouth when interested in food; leans back and turns away when uninterested in foods or not hungry   * At 8-10 months a child should have skills necessary to eat finger foods—sit independently, grasp and release food, chew food (even without teeth), and swallow * By 12 months, fine motor skills improve allowing children to grasp pieces of food between two fingers  Important to know  * Starting before 4-6 months may interfere with child’s ability to take in adequate number of calories or nutrients * Younger infants do not have the coordination to safely swallow solid foods, which could lead to choking and/or aspiration * Withholding solid foods after your infant is 6 months old, may lead to decreased growth because child may not consume enough calories from breastmilk or formula alone. Delaying solid foods can also lead to resistance. * No one food is recommended as first food. Single-ingredient foods should be first, one at a time. Can introduce a new food every 2-3 days. * As solid foods are introduced, formula intake should decrease, and breastfeeding will continue on demand. * Signs/symptoms of food allergies: hives or skin rash, facial swelling, vomiting, diarrhea, coughing, wheezing, respiratory difficulties  Precautions  * Foods to avoid   -cow’s milk (hard to digest and insufficient iron)  -hard, round foods (nuts, grapes, hot dogs, raw carrots, candy, chips, popcorn, etc.)  -honey (due to potential risk of harmful bacteria toxin poisoning)   * Food allergies: it is now suggested to introduce highly allergenic foods at 4-6 months to decrease risk of food allergies (talk with provider on proper introduction of these foods)   \*\*High risk for food allergies: child with parent or sibling who has allergy, asthma or eczema, or child having eczema  \*\*Highly allergenic foods: eggs, peanuts, soy, fish, cow’s milk Cereal (1)  * Single-grain infant cereal is a good first solid food as it provides calories and additional iron—rice or oat cereal * Prepared by adding breastmilk or infant formula—initially the consistency should be thin, can thicken over time * Spoon feed only, do NOT put cereal in bottle (unless recommended by provider)   -Spoon feeding helps to develop infant’s ability to coordinate mouth and swallowing movements as well as enhance future speech development   * Start with 1 tablespoon can increase to 4 tablespoons twice a day  Pureed foods (2)  * Start with single-ingredient pureed fruits and veggies—if no evidence of allergic reaction, can give multiple foods at once * The goal is to expose your infant to new flavors and textures of foods * By 8 months of age, baby should be eating ½ cup of vegetables and ½ cup of fruits daily  Finger Foods (3)  * As a child gains the ability to feed himself/herself, a greater variety of “adult” foods can be offered including finely chopped, soft foods * Foods that you can smash between fingers (steamed veggies, soft fruits) * Finely ground meats and fish * Soft bread, noodles, rice, cheese * Cheerios, graham crackers * Babies do NOT need teeth for finger foods, can “gum” these foods  DO’s and don'ts  * Do allow your child to feed himself/herself when able * Do allow your child to make a mess with food * Do introduce a variety of foods (textures and tastes) * Do encourage a regular eating routine with the child sitting in an appropriate seat at the table with family * Do NOT give cow’s milk, but DO give yogurt and cheese * Do NOT give juice * Do NOT give foods that are choking hazards * Do NOT put food in bottle |