

ROXBURY PEDIATRICS

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STARTING SOLID FOODS

Your baby is ready for solid foods when they can lift and support their head, sit in the high chair, have doubled their birth weight, are at least 13 pounds and are showing interest in food. We recommend waiting until 5-6 months to introduce solid foods.

FIRST FOODS 5-6 months

There is no BEST food to start with

Start with iron fortified infant cereal –rice or oat (oat for less frequent poopers) or a pureed fruit or veggie-

Offer 1 hour before bottle/breast feeding

1-2 Tablespoons to start, may go up to 4 tablespoons later, feed from spoon

Wait for baby to pay attention to each spoonful before feeding

Two feedings per day works well for this age, give in between formula bottles or breastfeeding, not immediately following

*expect changes in bowel patterns

*don't put cereal in bottle

Start with one new food at a time and wait 3-5 days before introducing another

Always give new food in the morning. If it doesn't agree with your baby, you'll know by bedtime- rash/diaper rash/vomiting/refusal

You can repeat a food already given and mix familiar favorites with new ones

*if baby rejects food, don't force it, but can try again later

*can give ready made foods or make your own: cook and puree veggies/fruits

ADVANCING FOODS 6-8 months

Move on to soft, cooked, mashed, finely ground foods (meats, poultry, plain yogurt, cottage cheese, tofu, egg yolks)

Can mix and match foods to have many different meals, for example:

B: cereal and fruit **L:** meats and veggies **D:** cereal, yogurt, veggie and fruit

With meals- offer water in "sippy" cup instead of bottle

FINGER FOODS and TABLE FOODS 8-12 months

In addition to pureed foods

Self feeding begins! They don't need teeth! Allow child to feed themselves

Offer pea sized finger foods that baby can easily grasp, chew and swallow

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(cooked pasta, shredded cheese, soft cooked veggies, peeled soft fruit pieces,
baby "puffs", cheerios, waffles, pancakes, scrambled eggs)