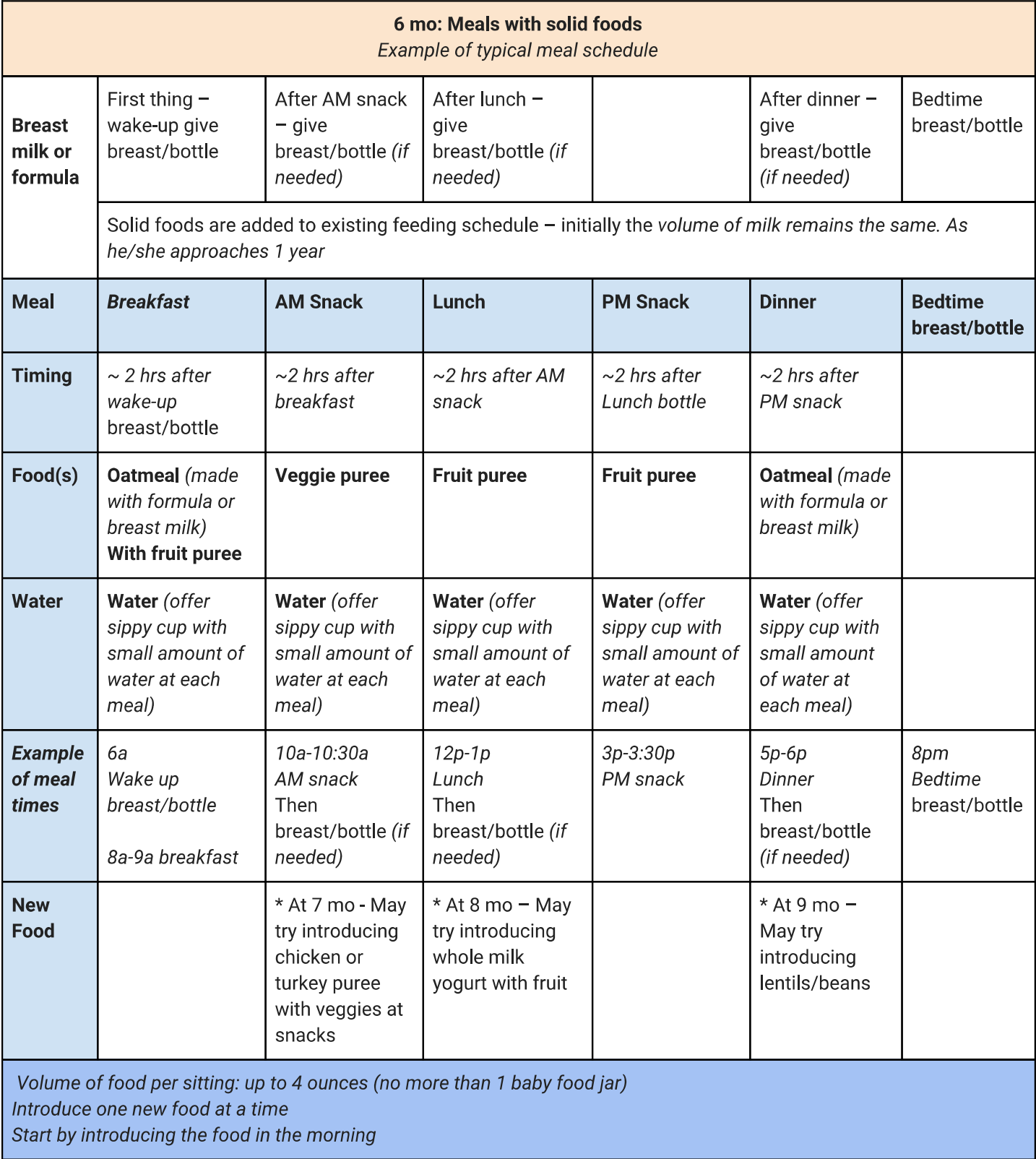


4 - 6 mo: Introducing solid foods

*Giving solid foods before 6 months is **not for calories**, it is to start stimulating taste centers of the brain.*

Signs that your baby might be ready to start trying solid foods	<ul style="list-style-type: none"> - Head control. - Sitting well when supported. - Loss of the tongue-thrust reflex. - Significant weight gain. - Interest in food and watching others eating. - Ability to let you know when full. - Growing appetite. - Understand the dynamics of their mouth, lips and tongue. 	
Choosing the first solid food	<p>Many foods are okay to start with.</p> <ul style="list-style-type: none"> - Cook fresh foods until they are soft (some raw mashed food are okay - like raw mashed bananas). - Do not add salt or seasoning. - Refrigerate any food you do not use. <p>Do not give honey or eggs until > 1 year Consult your provider if there is a family history of peanut allergy If no family history you can give ½ teaspoon of smooth peanut butter (no additives or salt) mixed with ½ teaspoon of breastmilk/formula. * give in morning and monitor for reaction.</p>	
First day starting a solid	<p>Start slowly with just 1oz of the food in the AM after breast/bottle. Monitor for signs of allergy</p> <ul style="list-style-type: none"> - Severe allergic reactions (respiratory or FULL body rash) → seek emergency evaluation. - Mild reactions (localized rash or diarrhea) → stop the food and make an appointment for evaluation. 	
Continuing solids	<p>Continue with the same food (just 1oz / day) for the next 4 days</p> <ul style="list-style-type: none"> - Take just 1oz of food out of refrigerator at a time <p>Continue trying a new solid every 4 days for 4 days.</p>	
Example	<p>Day 1: 1 oz mashed cooked green peas Day 2: 1 oz mashed cooked green peas Day 3: 1 oz mashed cooked green peas Day 4: 1 oz mashed cooked green peas</p>	<p>Day 5: 1 oz mashed cooked carrots Day 6: 1 oz mashed cooked carrots Day 7: 1 oz mashed cooked carrots Day 8: 1 oz mashed cooked carrots</p>
Once you introduce apple (cooked and mashed) you can give 1 teaspoon of mashed cooked apples a day to help keep your baby's vitamin C levels up.		
Do not introduce more than one new food at a time. This way you can have a confident guess of what could have been the trigger of a reaction. Contact us or call 911 if your child is beginning to have a reaction - such as a rash, hives, vomiting, or difficulty breathing.		
For those at high risk for allergies, (family history of severe allergy to peanuts, eggs) the recommendation is now to introduce peanuts and eggs earlier in order to decrease chances of allergy reactions. There are ways to introduce these food in a safe way if you believe that there is a higher chance of your child having a reaction. If you find that		
If you would like more information on infant feeding, solids introductions, or baby-led weaning, please contact Nurse Megan at our office.		



Infant Feeding Directions

At 4-5 months, we suggest to begin introduction to fruits and vegetables for your infant, although some may be developmentally ready a bit earlier or later. At this point in their development, solid foods are not a primary source of nutrition at this stage, but introducing them slowly can initiate a good start to their healthy eating journey.

Some of the cues to know when your child is ready for solids include:

1. Head control.
2. Sitting well when supported.
3. Significant weight gain.
4. Interest in food and watching others eating.
5. Ability to let you know when full.
6. Growing appetite.
7. Understand the dynamics of their mouth, lips and tongue.
8. Loss of the tongue-thrust reflex.

When introducing foods, on the first day of trial give in the AM. Start with yellow and green fruits and vegetables, then to orange and red fruits and vegetables. During this introduction it is best to start with one food at a time, and give a few days to ensure that there is no adverse reactions to the foods. When introducing a new food, try to not introduce another new food until a few days later so that you can have a confident guess of what could have been the trigger.

Example:

Day 1: peas

Day 2: peas

Day 3: peas

Day 4: peas and banana

For those at high risk for allergies, (family history of severe allergy to peanuts, eggs) the American Academy of Pediatrics(AAP) recommendations have been changed to introducing peanuts and eggs earlier rather than later in their life to decrease chances of allergy reactions. There are ways to introduce these food in a safe way if you believe that there is a higher chance of your child having a reaction. If you find that you have given your child a food and they are beginning to have a reaction to the food, such as a rash, hives, vomiting, or difficulty breathing. Please contact your doctor or call 911.

If you would like more information on infant feeding, solids introductions, or baby-led weaning, please contact Nurse Megan at our office.