

Southfield Pediatric Physicians, PC

31500 Telegraph Road, Suite 105

Bingham Farms, Michigan 48025

(248) 540-8700

Fax: (248) 540-8701

**Southfield Pediatrics West**

7416 Haggerty Road

West Bloomfield, Michigan 48322

(248) 661-9100

Fax: (248) 661-9158

Ehud Kapen, M.D.**Marshall Blondy, M.D.****Katherine Erlich, M.D.****George L. Blum, M.D.****Robert M. Blum, D.O.****Sandhya Patel, M.D.****Craig A. Lash, M.D.****Stacy Zide, M.D.**

Beginning Feedings

Most children are ready to begin solid foods between four and six months of age. There are signs which can help you tell when your child is ready. These may include the child showing an interest in watching you eat solid foods, the baby being able to sit without support, and your child being unsatisfied with eight ounces of formula per feeding. Breastfed babies may want to feed as often as every two hours for a number of days, alerting you that they are ready for solids.

The best nutrition for children at these early ages is still breastmilk or formula. The solids are only to add interest and to prepare the children for the time when they will take most of their foods as solids. Rushing into many solid foods at an early age can increase the chance that your child will develop food allergies. For this reason we recommend a slow cautious introduction of solids. Only one new food should be introduced at a time. This food should be given daily for four or five days before another food is introduced. This way if the child shows a sensitivity it will be clear which food is causing the problem. Any foods which have already been tolerated can continue to be given as new foods are introduced.

Cereals, such as rice and oatmeal, seem to be the best tolerated foods and should be used first. One or two tablespoons mixed with either breastmilk or formula is a good amount with which to start. This should be given on a spoon once daily. As your child becomes more adept at eating solids you can increase the amount per feeding as well as the number of times that solids are given daily.

After your child has been taking cereals for a while without having problems you can begin to try other foods. Vegetables are probably the best second category of foods to use. Since fruits are so much sweeter than vegetables, if you begin fruits first you may never get your child to eat vegetables. We suggest starting with orange vegetables, followed by fruits. Green vegetables can be started sometime after your child is six months old. Meats should be introduced later. When you decide to give your child meats you are usually better off finely chopping or grinding the meat off the tablefoods you are eating, since the meat in jars is very unappetizing.

There are a few foods which are the most frequent sources of food allergy and these should be withheld as long as possible. These include eggs, fish, citrus, peanuts and peanut butter, other nuts, and berries. These should not be given until a child is at least 15 months old or older if there is a family history of food allergy.

Beginning solid foods is a very messy but pleasant step in your infant becoming a toddler. Take your time, do not push your children to finish all of their food, relax and enjoy.

Feeding Guidelines

Less than 4 months	Breast milk or formula
4 to 6 months	Breast milk, formula, cereal 1 to 2 times/day, veggies, fruits
7 to 8 months	Add yogurt, cottage cheese, meat
9 months	Add soft table foods, mashed potato, Cheerios, Kix, Rice Chex, soft fruits/veggies
12 months	All foods except citrus, fish, eggs, nuts, strawberries
15 months	All foods