Food for Thought

Any feeding concerns?
How is breastfeeding going?
How does your baby let you know he or she is full?
Do you put your baby to bed with a bottle?
How much time does your baby spend on his or her belly?

Breastfeeding is highly recommended.
Continue breastfeeding on demand.
Exclusively breastfeeding is all the nutrition needed to support growth and development for the first 6 months.
Water, juice and other foods are not necessary for breastfed infants during the first 6 months.
If you are formula feeding, limit to 24-32 ounces per day.

When introducing cereal at 6 months:
Your baby is ready for cereal when he or she can sit up with support and can hold his or her head up well.
Use a single grain (rice, barley or oat) iron-fortified cereal.
Give cereal with a spoon, never put it in a bottle.
Start with 1-2 teaspoons and gradually increase to 1-2 tablespoons twice a day (mix with breastmilk or formula).
Vegetables will be the next baby food you offer around 5-6 months.
Do Not give your baby juice.
Do Not put your baby to bed with a bottle or prop up the bottle.
Ask your physician or healthcare provider about vitamin D or iron supplements.

Be Active

● Actively play with your baby. Use crib gyms to encourage kicking, stretching and reaching. Be sure to add plenty of belly playtime.
● Limit time in infant seats and swings.
● Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:

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