



North Austin
Pediatrics, P.A.

STARTING SOLID FOODS: YUM!



This is an exciting time for your family and here are some guidelines based on more recent research on starting baby foods.

- You can start spoon feeding at **5-6 months** when your baby can sit up well (4 months at the earliest if your mother is bugging you!)
- **The main source of nutrition for your baby in the first six months should be breast milk or formula.** The second six months are the “weaning months” where your baby will be eating more and more foods and less milk. Max of 36 oz milk. By eight month they are so adept at spoon feeding, that when they wake up in the morning you feed them food and the milk will be a drink after the meal and before the morning nap.
- If you transition to formula use an FDA approved formula not HIPP or Holle as they don’t meet the iron and DHA requirements.
- **We don't recommend “baby led weaning”** as babies aren’t coordinated enough initially to feed themselves and will need to be spoon fed. You do want to start finger foods as soon as they are good at spoon feeding (at first they have a tongue thrust and push most of it out).
- We now introduce the **highly allergenic food as early as possible** (dairy, eggs, soy, peanuts, tree nuts, shellfish, fish and wheat) right when you start baby foods. Introduce these at home and have Children’s Benadryl available. Children never have a severe reaction the first time they react but call us if they do. See more information at <https://www.aaaai.org/Tools-for-the-Public/Video-Library/Food-Allergy-Videos/Early-Introduction-of-Peanut-Video>
- Offer 2-3 oz of fluoridated water when your baby is 6 months old (earliest 4 months). Start a sippy cup at 6 months.
- **We no longer give juice to babies** unless they are constipated and won’t take prunes or apricots on a spoon.
- **NO HONEY UNTIL 12 MONTH DUE TO BOTULISM- A PARALYTIC DISEASE**

4-6 months: supplement with iron if exclusively breastfeeding. Especially if you tend to forget your daily vitamins. You need to continue Vitamin D so you can either add iron Fer-in-sol Drops or Novaferum Drops 0.5 mL once a day or substitute with Poly-Vi-Sol with iron 1 mL a day until your baby is taking one serving of baby cereal or meat per day.

5-6 months: start spoon feeding pureed foods or fortified baby cereal. Wait 4 days before adding a new food to see if there is a reaction like hives or vomiting. Start with savory foods like squash or sweet potato. Babies have an instinct to like sweet things because they are rarely poisonous in nature but have to be taught how to eat vegetables. Mixing enhances food acceptance so add a little more of the yucky stuff each day to the yummy food. *Note: why cereal? Apparently that is the American way of adding zinc and iron to babies' diets since breast milk is low in these minerals by 4 months, and it's cheap and doesn't stain. Parents use that as a first food to teach them how to get rid of the tongue thrust then move on to more expensive baby foods. You can start off with any food you like. Popular ones are avocado, sweet potato and squash.*

6-9 months: transition from pureed to mashed then finger foods. It's important to give finger foods early and let babies play with food. By the time your baby is 9 month old they should be able to eat things like a well cooked broccoli floret, and soft finger foods like chunks of banana or tofu. If you could eat the food with just your tongue on the roof of your mouth, your baby could safely eat the food (if it goes down the wrong pipe it needs to be able to be coughed up in pieces and not obstruct the airway).

Babies need to be socialized into eating what you eat and when you eat. Don't add extra salt or MSG and **stay away from fish that have mercury (shark, swordfish, king mackerel, large tuna)** but they should eat fish even if you don't.

9-12 months: your baby should be adept at finger foods by now and eating with you three times a day plus a snack and nursing less. The first feed you eliminate is the first morning feed. If they are on bottles they should be weaned down to 16-24 oz by 12 months. Your baby should know how to fall asleep without taking a bottle or nursing by 9 months and should be going to bed with clean teeth. By 9 month no more than two night feeds.

12 months: you can transition to 16-24 oz of whole pasteurized milk in a cup. Wean the bottle by 14 month before they develop attachment to the bottle. Wean from the breast by two (sooner if your baby is not sleeping through the night or has to nurse to fall asleep).

For how to make foods and sample schedules visit these informative websites:

<https://wholesomebabyfood.momtastic.com/>

<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/default.aspx>

If your baby has an allergic reaction, please call our office as soon as possible.

Diphenhydramine (Benadryl®) Dosage Chart

Choose the dose closest to your child's weight and give every 4-6 hours as needed.

Weight	Children's Allergy Liquid 12.5 mg = 5 ml		Chewable Tablets 12.5 mg each	Tablets 25 mg each
	ml	teaspoons	Chewable tablets	tablets
11 - 16	2.5 ml	½	Use liquid	Use liquid
17 - 21	3.75 ml	¾	Use liquid	Use liquid
22 - 32	5 ml	1	1	Use liquid or chewables
33 - 42	7.5 ml	1 ½	1 ½	1
43 - 53	10 ml	2	2	1
54 - 64	12.5 ml	2 ½	2 ½	1
65 - 75	15 ml	3	3	1
76 - 86	17.5 ml	3 ½	3 ½	1
> 86	20 ml	4	4	2