

Kids First Pediatrics on 30 Feeding Guidelines 0-12 months

Age	Breastmilk & or Formula	Water	Fruit Juices	Breads & Cereals	Baby Foods
0-1 Month	Breast or bottle feed frequently every 2-3 hours (1 1/2- 2 1/2 oz per feeding 1st week & 2 1/2- 4 1/2 oz per feeding the 2nd week)	NONE (It just makes them pee more)	NONE	NONE	NONE
2-3 Months	Continue Breast or bottle feeding frequently every 2-3 hours	NONE	NONE	NONE	NONE
4-6 Months	Breast/bottle feed on demand 27-40 oz total daily	Introduce in sippy cup when beginning solid foods (about 6 months)	Not Necessary & Not recommended. Provides empty calories & promotes tooth decay. However it is good for constipation. Give 4oz per day max. Water down, especially if child wants more than 4oz	Iron-fortified single grain cereal at 4-6 months, 3-4 tbsp AM & PM (1st & last feedings) mixed w/breastmilk, formula or water. Feed w/spoon. Wait until baby can sit up before feeding teething biscuits.	NONE/May give after 5th month. Best to wait until 6 months. Offer cooked, strained, or mashed vegetables. Start w/vegetables 2x daily. Lunch & Dinner
6-9 Months	Breast/bottle feed on demand 27-40 oz total daily	Continue to give in sippy cup (Does NOT take place of breastmilk/formula)		Oatmeal, wheat, mixed cereal, crackers, oat rings	Same as above & start w/vegetables, then meats, then fruits. Introduce up to 1 new food every 3 days, allowing child to acquire taste. May taste table foods.
9-12 Months	Breast/bottle feed on demand 24-32 oz total daily	Increase in amount as desired (Does NOT take place of breastmilk/formula needed)		Same as above plus toast, rice, pasta	Begin table foods- Giving small, soft servings. Increase on demand.

¶ **Feed breastmilk or formula** for the **first year**.

¶ Introduce solids at 6 months while staying with breastmilk or formula. May give cereal as early as 4 months to ▲ iron.

¶ **DO NOT** feed cereal from a bottle- i.e. **NO INFANT FEEDERS!**

Use a spoon!

¶ Start with vegetables, then meats, then fruits.

¶ Avoid overfeeding. Stop feeding when baby turns away or shows disinterest.

¶ **NEVER** let baby sleep with bottle. Please do not start this habit.

¶ Avoid sugar, including fruit juices, candy, desserts, or pop.

¶ A child should be sitting up and never left unattended while eating finger foods.

¶ **DO NOT use cow's milk as a replacement** for breastmilk or

formula during baby's 1st year. After that use whole cow's milk. 8 oz daily max. Give all fluids in a sippy cup & take away bottle.

DO NOT use 2%, low-fat, or skim until the baby is at least 2 years old.

¶ Until child is at least 4 yrs old & supervised, avoid foods which may cause choking. This includes nuts, raisins, popcorn, candy & hard, round foods such as chunks of raw carrots, grapes or hot dogs.

¶ Always ask your doctor about any feeding questions or concerns.