

STARTING SOLIDS SAFELY



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WHEN TO START FEEDING SOLIDS

BETWEEN 4 TO 6 MONTHS LOOK FOR SIGNS THAT AN INFANT IS READY:

1. HEAD CONTROL
2. ORO-MOTOR COORDINATION (TONGUE MOVEMENT)
3. WATCHING PEOPLE EAT AND SHOWS INTEREST IN FOOD



HOW TO START FEEDING SOLIDS



- INTRODUCE 1 NEW FOOD AT A TIME
- SERVE SINGLE INGREDIENT FOODS
- WAIT AT LEAST 7 DAYS BEFORE INTRODUCING ANOTHER FOOD
- INTRODUCE SMALL AMOUNTS – 1 TO 2 TEASPOONS

WHAT FOODS TO START FEEDING

1. START WITH SINGLE INGREDIENT BABY CEREALS EXCEPT WHEAT
2. VEGETABLES NEXT
3. THEN FRUIT – INFANTS PREFER SWEET TASTE AND THEY MAY NOT EAT OTHER FOODS IF THEY DEVELOP A TASTE FOR SWEET FRUIT 1ST

WAIT TILL 8 MONTHS TO INTRODUCE THESE FOODS:

1. MEAT AND MEAT ALTERNATIVES [BEANS, EGG YOLK, PEAS, CULTURED MILK PRODUCTS]
2. WHEAT
3. CITRUS, TOMATO, OR PINEAPPLE
4. HOME-PREPARED BEETS, CARROTS, COLLARD GREENS, TURNIPS, SPINACH [HIGH IN NITRITES]

STARTING SOLIDS TOO EARLY OR TOO LATE

STARTING SOLID FOOD TOO EARLY
CAN CAUSE INFANTS TO:

1. CHOKE ON FOOD
2. DEVELOP FOOD ALLERGIES OR INTOLERANCES
3. CONSUME TOO LITTLE BREASTMILK OR FORMULA, WHICH CAN CAUSE GROWTH AND DEVELOPMENTAL DELAYS

STARTING SOLID FOOD TOO LATE
CAN CAUSE INFANTS TO:

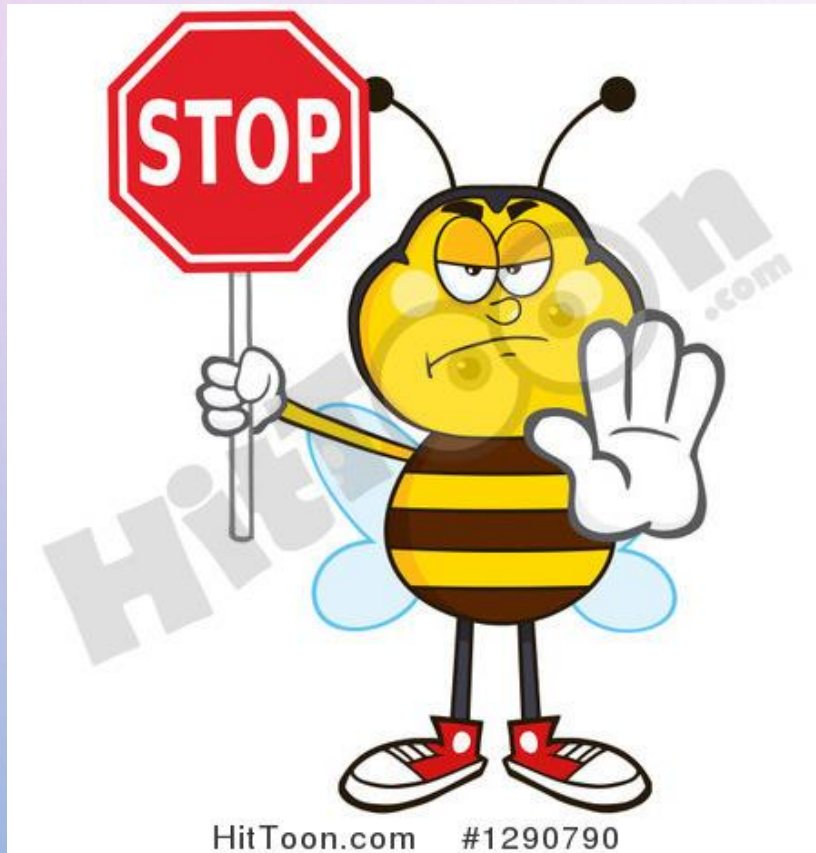
1. NOT LEARN HOW TO EAT SOLID FOODS PROPERLY
2. BECOME MALNOURISHED
3. DEVELOP IRON DEFICIENT ANEMIA
4. NOT CONSUME PROPER AMOUNT OF NUTRIENTS TO SUPPORT ADEQUATE GROWTH

AVOID FEEDING INFANTS THESE FOODS

1. COWS MILK – INCREASES RISK OF ANEMIA
2. HARD PIECES FOR RAW VEGETABLE OR FRUIT – CHOKING HAZARD
3. SWORDFISH, SHARK, KING MACKEREL, TILEFISH – CONTAIN MERCURY
4. FOODS WITH ADDED SWEETENERS [I.E. SUGAR, CORN SYRUP, HFCS, ARTIFICIAL SWEETENERS]



NEVER FEED INFANTS



1. HONEY
2. RAW COWS OR GOATS MILK
3. HOME CANNED FOODS
4. RAW OR UNDERCOOKED:
 - EGGS
 - MEAT
 - POULTRY
 - FISH

FOOD ALLERGIES

SIGNS OF FOOD ALLERGIES IN INFANTS:

1. DIARRHEA
2. VOMITING
3. COUGHING AND WHEEZING
4. CONGESTION AND STUFFINESS
5. EAR INFECTION
6. STOMACH PAIN
7. HIVES
8. SKIN RASH
9. EXTREME IRRITABILITY



COMMON FOOD ALLERGY FOODS



EGG WHITE

SOY

SHELLFISH

FISH

COWS MILK

PEANUTS

NUTS OR SEEDS

WHEAT

CHOCOLATE

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE STAFF AT POSITIVE PATTERNS FOR LIFE, LLC WHAT YOU LIKED ABOUT THIS EDUCATIONAL HANDOUT. GO TO THE CONTACT PAGE ON OUR WEBSITE AND SEND A MESSAGE TO THE STAFF.

THANK YOU FOR YOUR TIME!

