

## Around 6 months continued



### I need to sit up to eat.

Hold the spoon near my mouth and wait for me to look at it. Then, put a little bit on my lips so I can taste it.



### Wait until I open my mouth before you try to put food in.

Wait until I am ready for each bite. **When I turn my head away, that means I am done.** Don't try to get me to eat more!

### Be patient while I am learning to eat.

If I won't eat baby cereal, wait a week and try again. I will do better when I am ready. Start feeding me baby cereal by about 7 months, unless my doctor says to wait.

## Keep me safe and healthy!

- Wash your hands before you feed me. Germs could make me sick.
- If you feed me with a bottle, only put breastmilk or formula in it. If you feed me formula, mix it the way the can says.
- You can store bottles of breastmilk in the refrigerator for 5 days. Formula is safe for 24 hours. You can also freeze breastmilk—ask WIC how.
- If you heat my bottle or container of food, please shake or stir it well, and test it before feeding me.
- Throw away what is left in the bottle when I am done. It could make me sick if I drink it later.
- Wipe my gums after I eat. Use a soft wet cloth.
- Don't feed me honey or foods made with honey. I could get serious food poisoning.
- I don't need to drink water or juice. I get all the liquid I need from breastmilk or formula. Please don't give me any sweet drinks or soda.
- Take me to the doctor for my check ups and shots.
- Put me on my back to sleep.
- Keep me away from tobacco smoke.
- Never leave me alone at bath time or while you are changing my diaper.
- Always put me in my car seat when we ride in a car. Put my seat in the back seat, facing backwards. Never leave me alone in the car.
- Crying is my way to say I need you. When you come to me, I calm down. I learn that you care. Holding me will not spoil me.



A helpful  
guide to  
feeding your  
baby from  
birth to 6  
months old.

## Feed Me! Birth to 6 Months



California Department of Public Health, California WIC Program  
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## From birth

### Breastfeed me, or feed me baby formula with iron.

If you're breastfeeding me, please continue until my first birthday or longer.

Please don't feed me any other foods until I am about 6 months old. I'm not ready for them yet!

### I know when I need to eat.

Feed me when I show you I am hungry. I will move my arms and legs, turn my head and open my mouth. I might suck on my hand or fuss a little. Please feed me before I cry.

### I know how much to eat.

Let me eat until I show you I am full. I will stop sucking and let go. If I close my mouth and turn away, that means I am done. If you feed me with a bottle, please don't try to make me finish it!



### How do you know if I'm eating enough?

After the first week, I will have 6 or more wet diapers every day. The doctor will say that I am gaining weight and growing well.



## Birth to 4 months

### I need to eat about 8 to 12 times or more in 24 hours.

I might want to eat more often when I'm growing faster. My tummy can hold about 2 to 3 ounces at a time.

It might take me 3 months or more to be able to sleep through the night, 6 hours or more. Please be patient with me. Please don't put cereal in my bottle to try to help me sleep. I'm not ready for cereal yet!



## 4 to 6 months

### I need to eat about 6 to 8 times or more in 24 hours.

My tummy can hold about 4 to 6 ounces at a time.

I need your touch. Smile and talk to me. I love to look at your face. If you feed me with a bottle, don't prop up my bottle or put me in bed with it. Please hold me close when you feed me.



### Dad—please hold me and talk to me

You can bathe me, change my diaper, burp me, read to me, and play with me! I love to spend time with you.

## Around 6 months

### When I am about 6 months old, I will probably be ready to try some solid foods. I need to be able to do all these things:

- sit up with support
- hold my head steady
- put my fingers or toys in my mouth
- show I want food by opening my mouth
- close my lips over the spoon
- show I don't want food by turning my head away
- keep food in my mouth and swallow it



If our family has food allergies or I was born early, talk to the doctor and WIC before you try feeding me other foods.

### When I'm ready, try feeding me a little bit of solid food.

You can start with baby cereal with iron—try rice, oatmeal, or barley. Mix the cereal with breastmilk or formula—make it thin at first. When I get better at eating it, you can make it thicker.

Feed me my food with a baby spoon. Cereal in my bottle can make me gain too much weight—and I need to learn to use a spoon!

