

Feeding Schedule

Birth-2 months:

Formula or breast milk is all your baby needs.

2 Months:

Start giving your baby 1 – 2 tablespoons of rice cereal twice a day. Mix with formula to achieve desired consistency. Feed with a spoon.

4 Months:

You may start giving Stage 1 vegetables, then fruits. Try each new food twice a day for 3 days to make sure your baby can tolerate the food before introducing a new food. You can make your own baby food by cooking without salt and pureeing in a blender.

6 Months:

You may start giving baby food meats at this time. Introducing meats 3 times in a row like the vegetables and fruits to ensure toleration.

9-10 Months:

Start your baby on table food. DO NOT give eggs, peanut butter, honey or fish until after 1 year of age. Begin using a sippy cup to drink.

Our providers suggest you begin the process of bottle weaning during 10 months to 1 year of age. You may begin introducing whole milk by adding into a mixed formula bottle. If you are feeding 8 ounce bottles, decrease formula to 7 ounces and add 1 ounce of milk. Keep this schedule for one week and gradually decrease formula and increase milk until milk reaches 8 ounces.

1 Year:

Your child should be weaned from the bottle. Food is now more important for development so 1 – 2 cups of milk per day is sufficient. Too much milk will inhibit their desire to eat solid foods. Continued use of a bottle can cause problems with your child's ears, teeth or anemia from lack of nutrients.

This is our provider's preferred feeding schedule unless otherwise stated. If you have any questions about your child's nutrition, please ask at any visit or call our office.

