

Teacher Guide:

FEEDING YOUR BABY

Key Messages

- Let your baby decide how much to eat and when.
- Breast milk or iron-fortified infant formula is the only food a baby needs from birth through 4 to 6 months of age. Cow's milk should not be fed to your baby until he or she is 1 year old.
- Do not feed your baby solid foods before 4 – 6 months of age.
- Start feeding your baby a very small amount of iron-fortified infant rice cereal mixed with breast milk or formula.
- Introduce one new food at a time to your baby.
- Vegetables and fruits can be introduced to your baby between the ages of 6 to 8 months.
- Provide safe finger foods for older babies (6 to 9 months old).
- Give your baby no more than 4 ounces of juice each day.
- Babies, 10 -12 months old, can sit and have three meals and two snacks with the rest of the family.

Objectives

Participants learn:

- the signs a baby may demonstrate when he or she is ready for solid food.
- how to introduce solid foods.
- the order in which the food groups should be introduced to the baby's diet.

Suggested teaching materials:

- Samples of baby foods and feeding utensils.
- Baby doll for modeling
- Feeding Your Baby handout

Activities

- Demonstrate food safety issues around making baby food, feeding baby and storing baby food.
- Use a baby doll and have participants practice feeding baby solid foods.
- Demonstrate mixing baby cereals.
- Display and discuss safe finger foods for older babies.