

Now I Can SIT WITH SOME HELP

I am growing fast! I am between 4 and 6 months old. Now that I can hold my head up and sit with support, I may be ready to try some new things.



As I am getting ready to try solid foods, I may begin to:

- Sit well with your help
- Roll over
- Push up with my hands while I am on my tummy
- Bring objects or toys to my mouth
- Keep food in my mouth and swallow it

I may show interest in the food on your plate.

Let me sit with the family during meals. I like to play with bowls, cups and spoons.

I can try iron-fortified infant cereals and pureed solid foods if I am ready.

Give me foods of the texture I am ready for.

Getting ready for solid foods:

- If you think I am ready, see if I can get the food into my mouth with my hands or the spoon.
- Watch to see if I spit the food out. If I can not chew and swallow any food, I am not ready. Let me try again in a week.
- I can try infant cereal in a bowl with breast milk, infant formula, or water. Do not put any food in my bottle, I might choke.
- I am getting ready for solid foods. Let me play and get messy. Do not worry if more food ends up on the floor than in my mouth. I am learning.
- Wait 2-4 days to feed me another new food so you can watch me for food allergies.
- Wait to offer me mixed foods until I have tried each food in the mixture.

WIC does not offer me solid foods until I am 6 months old. Talk to my health care provider if you think I am ready for solid foods.

How much I might eat each day:

Breastfeed on demand, 6 or more times a day. Breast milk is all I need until I am about 6 months old.

If you are feeding me formula, I should have about 6-8 ounces 4-6 times a day (26-39 ounces a day total).

My appetite will grow as I grow. If I am ready for solid foods, start out with 1-2 tablespoons of infant cereal per day.