



# COMPASSION PEDIATRICS

## Starting Solids

Up until this point your baby has only had breast milk or formula. Now that baby is ready, a whole new world of food possibilities is opened to you

### When Should Babies Start Solids:

At your baby's 4 month well visit we will discuss readiness of starting solids. Most babies typically start solids between 4-6 months.

### Tips when initiating feeds:

- This is supposed to be fun! Have your camera ready!
- This will be messy.
- Make sure baby is sitting up to prevent choking.
- Make sure everything is mashed or pureed so it's safe for baby to eat

### What Foods Should you Begin with:

- Rice cereal is not recommended anymore. Rice cereal can often contribute to excess weight gain and has little nutritional value.
- Start with vegetables rather than fruits. Fruits are sweeter than vegetables and often times babies prefer them.
- Start with a green vegetable like peas and feed peas for 3 days. On day 4 you can give peas and another vegetable like green beans. Starting foods one at a time give you the opportunity to know which food did not sit well with the baby if an intolerance or allergy were to develop.
- Signs of allergies or intolerance can include diarrhea, constipation, rash, difficulty breathing, vomiting and/or swelling.

### Restrictions:

- Remember all food given to baby should be safe for baby to eat

- No honey or cows milk until child reaches one year of age

### Things to Keep in Mind

- For the first year of life the main source of calories in your baby's diet should still be breast milk and/or formula
- Over the period of several months you should slowly start increasing the amount of solids in your child's diet
- At 1 year of age formula can be stopped and toddler can solely be on solids. Breast milk can still be given if parents choose to continue
- Remember that cows milk can be given at the age of 1. If your child is a good eater and getting appropriate amount of calories and fat, cows milk may not be necessary

**Source**

<https://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Switching-To-Solid-Foods.aspx>