

It's too early for solid foods

Babies under 4 months of age are not ready for solid foods, including cereal. Giving cereal in the bottle does not help your baby sleep longer. Babies will sleep through the night when they are ready. Do not put cereal in a bottle.

Cereal in the bottle can cause:

- » Allergies
- » Choking
- » Constipation or diarrhea

Other solid foods can also cause your baby to have an allergic reaction and should not be given at this age. **Do not give your baby** honey, corn syrup, or Karo syrup because they can contain bacteria that could make your baby very sick.

What your baby may be doing now

- » Smiling and laughing (2 months)
- » Sitting with support (4 months)

Growth spurts

Watch for growth spurts. These are times when your baby may drink more breastmilk or iron-fortified formula than usual.

Growth spurts happen around:

- » 2 – 4 weeks
- » 6 weeks
- » 3 months
- » 6 months

You will get to know your baby's signs of hunger. These may include opening and closing his mouth, sucking his fist, looking for a nipple, or fussiness. Offer breastmilk or iron-fortified formula at these times.

Please bring your baby's immunization record whenever you see your nutritionist.

✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

Feeding Your Baby from Birth to Four Months



Congratulations on the birth of your baby!

What you need to know about feeding your baby

- » Breastmilk is the best food for babies.
- » Right now your baby only needs breastmilk or iron-fortified formula to drink. Cow's milk, goat's milk, soy milk, and juice **are not** for babies this age.
- » Your breastfed baby should have 8 or more feedings each day.
- » Formula-fed infants drink only a few ounces at a time, about 16-24 ounces each day.
- » Your baby should have 8-12 wet diapers each day.
- » Do not put your baby to bed with a bottle or prop the bottle – this can cause ear infections, choking, or cavities.
- » Ask your baby's doctor if you should give your baby vitamins.