



# Dear Dad and Mom,

# 4 - 6 Months




Here's what I need to eat from 4 to 6 months

	Four - Five Months	Five - Six Months
<b>Early Morning</b>	<ul style="list-style-type: none"> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>	
<b>Breakfast</b> 	<ul style="list-style-type: none"> <li>1-2 tablespoons dry infant cereal (made with formula or breast milk)</li> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>	<ul style="list-style-type: none"> <li>2-4 tablespoons of dry infant cereal (made with formula or breast milk)</li> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>
<b>Mid-Morning or Afternoon</b>		<ul style="list-style-type: none"> <li>Give 1-2 ounces of infant fruit juice in a cup (wait until 6 months)</li> <li>Offer baby toast, teething biscuit or dry enriched toast if teething</li> <li>Breast milk or 7-8 ounces formula with iron</li> </ul>
<b>Lunch</b>	<ul style="list-style-type: none"> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>	<ul style="list-style-type: none"> <li>1/4 -1/2 jar or 1-3 tablespoons of <b>strained</b> vegetables</li> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>
<b>Dinner</b>	<ul style="list-style-type: none"> <li>1-2 tablespoons dry infant cereal(made with formula or breast milk)</li> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>	<ul style="list-style-type: none"> <li>2-4 tablespoons of infant cereal(made with formula or breast milk)</li> <li>1/4-1/2 jar or 1-3 tablespoons of <b>strained</b> vegetables, (stage 1)</li> <li>1/4-1/2 jar or 1-3 tablespoons of <b>strained</b> fruit, (stage 1)</li> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>
<b>Bed &amp; Me</b> 	<ul style="list-style-type: none"> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>	<ul style="list-style-type: none"> <li>Breast milk or 7-8 ounces of formula with iron</li> </ul>

Baby's Age	Ounces per Feeding	Number of Feedings	Total Ounces per Day
4 Months	7-8	4-5	28-40
5 Months	7-8	4-5	28-40
6 Months	7-8	4-5	28-40



*The Oakland County Health Division will not deny participation in its programs based on race, sex, religion, national origin, age or disability. State and federal eligibility requirements apply for certain programs.*

<b>Four - Five - Six Months</b>	
<p><b>How I need to Eat</b></p> 	<p><b>Sit Upright in High Chair or Car Seat</b> I still like being held for breast/bottle feeding</p> <p><b>Infant Cereal</b></p> <ul style="list-style-type: none"> <li>• Start with rice cereal first, wheat last, then try mixed cereals</li> <li>• Feed me with a spoon. Increase amount as I get bigger</li> </ul> <p><b>Vegetables and Fruit</b> - Begin at 5-6 months</p> <ul style="list-style-type: none"> <li>• Start with strained/Stage 1 or pureed vegetables first so I don't develop a taste for sweets. Increase the amount as I get bigger.</li> <li>• Only feed me one new food at a time. If I have a problem, it may be the new food. Don't give it to me for a few weeks, then try again.</li> </ul> <p><b>Fruit Juice</b> - Begin at 6 months Give me my juice in a cup so I can learn to drink as well as suck</p> <p><b>Teething Biscuits or Dry Toast</b> - Begin at 5-6 months, no more than 1 or 2 per day</p> <ul style="list-style-type: none"> <li>• Let me feed myself so I can learn how</li> <li>• Solids are important for developing muscles to chew and speak</li> <li>• Eating new foods help me learn to chew and move my tongue. It helps me get ready to talk too.</li> </ul> 
<p><b>How I Sleep...</b></p>	<ul style="list-style-type: none"> <li>• I sleep 10-12 hours per night</li> <li>• I may need 2-3 naps during the day (1-4 hours long)</li> <li>• I may still wake up at night</li> </ul>
<p><b>You can help me feel good about myself....</b></p>	<ul style="list-style-type: none"> <li>• By distracting instead of telling me "no"</li> <li>• Be consistent. Tell me what you want, not what you don't want.</li> <li>• Don't leave me alone for long periods of time. I'll probably become bored and learn that crying or whining gets attention.</li> </ul>
<p><b>What I can Do....</b></p>	<ul style="list-style-type: none"> <li>• I'm sitting up by myself...although I may tip over easily</li> <li>• I'm beginning to hold my own bottle</li> <li>• I'm rolling over</li> <li>• I put everything in my mouth</li> <li>• I like to look in a mirror</li> <li>• I can start cutting teeth</li> </ul>
<p><b>How you can help me grow</b></p>	<ul style="list-style-type: none"> <li>• Play patty-cake and peek-a-boo with me</li> <li>• Give me time to play by myself</li> <li>• Colorful soft or hard toys interest me</li> <li>• Talk to me when you hold me, feed me, bathe and diaper me</li> </ul> 
<p><b>How to keep me safe.....</b></p>	<ul style="list-style-type: none"> <li>• It's time to put things out of my reach I put everything in my mouth - - I could easily choke</li> <li>• I can fall or roll off changing tables, chairs, or sofas</li> <li>• Lower the mattress on my crib so I don't fall out</li> <li>• Keep medicines and cleaners and make-up out of my reach</li> <li>• Get my 4 and 6 month shots - - I have more chances to get sick</li> </ul>