

Feeding Plan for Baby



Signs of Eating Readiness	Newborn (0-4 months)	Holds up Head (4-6 months)	Sits (6-8 months)	Crawls (9-11 months)	Beginning to Walk (11-14 months)
What is baby doing?	<ul style="list-style-type: none"> • Roots for nipple • Poor head control 	<ul style="list-style-type: none"> • Sits with support • Holds head steady • Doubled birth weight (13 lbs.+) • Hungry after 8-10 breast-feedings or 40 oz. formula 	<ul style="list-style-type: none"> • Rolls over • Sits by himself • Tries to hold spoon • Holds bottle with hands 	<ul style="list-style-type: none"> • Crawls on knees • Pulls self to stand • Vocalizes and points to food • Pushes food away • Can put spoon in his mouth 	<ul style="list-style-type: none"> • Walks with assistance • Tripled birth weight (21 lbs. +) • Uses words or sounds • Shakes head to say NO!
How baby eats?	<ul style="list-style-type: none"> • Roots for nipple • Sucks and swallows liquids • Pushes solids out with tongue 	<ul style="list-style-type: none"> • Moves food from front to back of mouth • Puts hands in mouth while eating • Opens mouth for spoon • Can swallow runny foods without choking 	<ul style="list-style-type: none"> • Keeps food in mouth • Swallows without gagging • Holds mouth shut when done eating • Feeds himself with fingers 	<ul style="list-style-type: none"> • Starts to chew foods • Holds and drinks from a cup by himself • Grasps your hand or spoon and wants to feed himself 	<ul style="list-style-type: none"> • Bites and chews different textures • Drinks well from a cup • Can feed himself with fingers and a spoon
What can baby eat?	Breast milk or formula with iron		Baby Cereal with iron		Regular cereal with iron
			Juice: LIMIT TO ½ CUP PER DAY (4 ounces) 1 st or Step 1 Foods: fruits and vegetables 2 nd or Step 2 Foods: fruits, vegetables, meats Junior or Step 3 Foods: fruits and vegetables Finger Foods: mashed, chopped table foods, teething biscuits, etc.		