

Idaho Falls Pediatrics

How to Feed Your Baby (Step by Step)

Illustration

This is a general guide for feeding your baby. Don't worry if your baby eats a little more or a little less than this guide suggests.

0 to 4 months

Breast Milk

- Nurse on demand, 5 to 10 minutes per breast.

Formula

Age	# times/day	serving size
0 to 1 Month	6 to 8 times	2 to 4 oz
1 to 2 months	5 to 7 times	3 to 5 oz
2 to 3 months	4 to 6 times	4 to 7 oz
3 to 4 months	4 to 6 times	5 to 8 oz

- Never prop a bottle. Always hold the baby to feed.
- Don't microwave bottles.
- Don't force a large feeding amount. 4 to 6 wet diapers is a good sign your baby is getting enough.

4 to 6 months

Breast Milk or Formula

4 to 6 times per day, 6 to 8 oz at each feeding

- Don't prop the bottle.
- Use a pacifier if the baby wants to suck.

Grains

Rice cereal 1 to 2 times per day, 1 to 2 tbsp. servings

- Start cereal if baby is taking over 32 oz per day.
- Don't put cereal in a bottle.

6 to 8 months

Breast Milk or Formula

3 to 5 times per day, 6 to 8 oz servings

- Give breast milk or formula before giving solids.

Grains

Rice Cereal 3 to 5 times per day, 2 to 4 tbsp. servings

- Don't heat in microwave.

Fruits & Veggies

Strained fruits and vegetables, 2 to 4 times per day, 2 to 3 tbsp. servings

- Keep solids refrigerated.
- Start one fruit or vegetable at a time.
- Do not give foods in chunks.

8 to 12 months

Breast Milk or Formula

3 to 4 times per day, 6 to 8 oz servings

- Baby can hold a bottle but don't give a bottle in bed.
- Try using a cup.

Grains

Baby cereal, crackers, bread, or dry cereal, 1 to 2 times per day, 2 to 4 tbsp. servings

- Start with soft finger foods.
- Be patient.
- Feed your baby in a high chair.
- Feed only foods that will dissolve in the mouth.

Fruits & Veggies

Strained or mashed fruits or vegetables, 3 to 4 times per day, 3 to 4 tbsp. servings

Fruit juice (not orange) 1 time per day, 4 oz in cup

- Juice does not replace milk.
- Give juice in a cup.

Meat

Strained chicken, beef, or dried beans, 1 to 2 times per day, 3 to 4 tbsp. servings

- Do not give hotdogs or pieces of meat that need chewing.

Age 1+ years

- You may give whole milk instead of formula. Your child may also have citrus juice, honey, and whole eggs after 1 year of age.
- Continue to have meals in a high chair or at the table.

- DO NOT allow your child to walk around and eat small amounts of food frequently (grazing).
- Do not add peanuts, tree nuts or shellfish to your child's diet until 2 or 3 years of age.
- Give your child snacks at the table. Snacks are important for baby's increasing energy needs.

Other Dairy Foods

Yogurt, 3 to 4 times per day, 1/4 to 1/2 cup servings

Offer cottage cheese, 1 to 2 tbsp. servings

*NOTE: This information is provided as a public educational service. The information does not replace any of the instructions your physician gives you. If you have a medical emergency please call 911 or call the Hospital at (208) 529-6111. If you have questions about your child's care, please call Idaho Falls Pediatrics at (208) 522-4600.