

ABC's of Spoon Feeding

HOW TO START

Start with baby cereal (single grain), begin with rice and then oatmeal and barley.



Mix two parts breastmilk or formula
+ one part rice cereal.

As your baby gets used to the cereal, make
it thicker.

The next foods to give your baby are plain, pureed
vegetables.



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BE PATIENT



Feeding with a spoon is a new experience for your baby.

At first, your baby may spit out the new food.

It may take many tries to get used to the flavor and texture of a new food.

Keep trying! Your baby will get better at spoon feeding with practice.

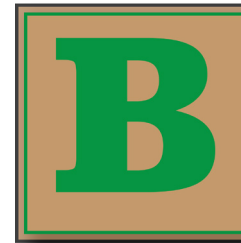
DO NOT USE AN INFANT FEEDER

It could:

- Cause choking
- Delay learning to spoon feed
- Make learning to eat table foods harder.



SPOON FEED FOR A HEALTHY START



At about four to six months start to spoon feed your baby.

Your baby is ready for a spoon when he or she can:

- Sit supported and hold head up.
- Remove food from a spoon with lips and tongue.
- Turn head away when full.
- Show interest in what you are eating.

Creates happy, healthy mealtimes
Less tooth decay

Improved speech development
Helps prevent overfeeding and excess weight gain