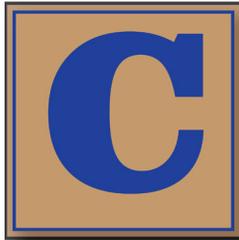


ABC's of Spoon Feeding

HOW TO START

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



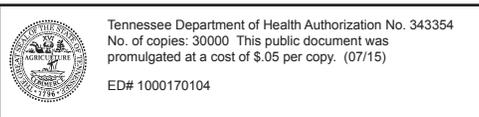
Mix two parts breastmilk or formula + one part rice cereal.

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

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



This institution is an equal opportunity provider.



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.

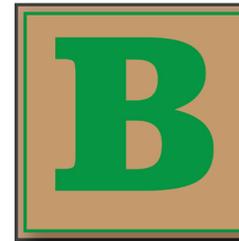
DO NOT USE AN INFANT FEEDER

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