

# Creative SPEECH THERAPY

Feeding your baby is so important and knowing when and how to introduce new foods can be a scary and confusing task. You are most likely hearing lots of conflicting information from friends and internet searches. So I developed this guide to help you make informed and safe decisions about feeding your child for the first year of their life. These are rules of thumb and meant to be a guideline. Your baby is unique and will move through these stages at their own pace. A common phrase in the feeding therapy community is

**"YOU DECIDE WHAT YOUR BABY EATS AND YOUR BABY DECIDES HOW MUCH."**


Just like you, there will be times your baby is more or less hungry. That's okay. Don't force feed your baby and don't use food as a reward or punishment. Feeding is like a dance. For successful feedings, you both get into each other's rhythms and work together. Here are some general rules of thumb for when, what, how, and how much to feed your baby.

## 0-3 MONTHS

WHEN	WHAT	HOW	HOW MUCH	WHAT TO AVOID
Baby is showing signs of hunger such as rooting, lip smacking/puckering, clenching hands, fussing or crying	Breastmilk or formula	Breast or bottle	Newborn: 2-3oz every 3-4 hours  1 MO: 4 oz every 4 hours  2 mo: 4 oz every 6-7 hours/24 hr feeding  3 mo: 6 oz every 4-6 hours/ 24 hr feeding	Cows milk  Wheat  Honey  Eggs  Meat

Watch for allergies to formula!

## 4-6 MONTHS

WHEN	WHAT	HOW	HOW MUCH	WHAT TO AVOID
Baby is holding their head up independently  Baby is sitting on his own in the high chair  Baby is showing interest in food by leaning into a spoon or becoming curious about the foods you are eating	Breastmilk or formula  Single ingredient pureed fruits and veggies (introduce one at a time and wait 2-3 days in between introducing new foods to ensure there is not an allergy)  Fortified baby cereal mixed with formula/breastmilk  Non-wheat cereals  Soft baby cookie held by you and baby  Sips of boiled and cooled water or water with a little bit of formula (adds taste and interest, more like baby's original food)  Stage 1 baby food	Breast or bottle  Spoon  Fingers  Open cup ("parent holds and controls the cup)	Milk/formula: 4 mo: 4-6 oz 5 feedings a day/24 hours 6 mo: 6-8 oz 5 feeding a day/24 hours    *Most nourishment comes from breastmilk or formula and pureed foods are a supplemental at this stage. Offer 1-2 tablespoons of single ingredient puree 2-3 times a day. Put food in a small bowl.	Cow's milk  Wheat  Honey  Eggs  Meat



## 7-9 MONTHS

WHEN	WHAT	HOW	HOW MUCH	WHAT TO AVOID
Child is sitting up by themselves	Milled/blended mashed veggies and fruits (can mix)	Breast or bottle	Formula/breastmilk: 8 oz. 2-3 feedings/24 hours supplemented with baby food	Cow's milk
Child shows interest in feeding self/pointing to food	Wheat free teething biscuits	Spoon	Start to increase solid foods as you decrease bottle feeding.	Wheat
Child can mash foods with the gums	Mashed beans/tofu	Fingers	6-12 mo: <b>Carbs: 6 servings a day</b> Rice, Cereal, Pasta: 1/8-1/4 Tbsp Bread: 1/8-1/4 slice	Honey
Child can pick up small objects (pincer grasp) 9-14 months	Cooked sticky rice	Open cup (* parent holds and controls the cup)	<b>Fruit and Vegetables: 5 servings a day</b> Fruit 1/2 Tbsp, 1/8-1/4 piece Vegetable: 1/2 Tbsp	Egg yolks
	Ground and chopped meat		<b>Meat/Beans: 2 servings a day</b> 1/2 Tbsp	Egg whites
	Soft cheese		<b>Dairy: 2-3 servings a day</b> 1/2 TB baby yogurt or cheese	Fruit skin
	Sips of liquid from open cup or straw cu			
	Chopped and cooked fruits/veggies - finger foods			



## 10-12 MONTHS

WHEN	WHAT	HOW	HOW MUCH	WHAT TO AVOID
Your child is self feeding mostly independently your child is safely managing soft solids and is not gagging or choking your child is interested in using utensils	Soft cut up cooked and raw foods	Breast or bottle	3 meals a day and 2 snacks a day consisting of:	Fish
	Skinned and cooked fruits in strips	Spoon	<b>Carbs: 6 servings a day</b> Rice, Cereal, Pasta: 1/2 Tbsp Bread: 1/8-1/4 slice	Honey
	Soft chopped ground meat	Fingers		Hot dogs
	Stewed meat	Baby fork	<b>Fruit and Vegetables: 5 servings a day</b> Fruit 1/2 Tbsp, 1/8-1/4 piece Vegetable: 1/2 Tbsp	Grapes
	Casseroles with noodles, pasta, rice,	Open cup	<b>Meat/Beans: 2 servings a day</b> 1/2 Tbsp	
	Egg yolks at 9 mo.		<b>Dairy: 2-3 servings a day</b> 1/2 TB baby yogurt or cheese	
	Whites at 12 mo.			
	Cheese strips			
	Cottage cheese			

Disclaimer: The information contained in this newsletter is not intended to serve as medical advice and cannot be used as a substitute for professional medical advice, diagnosis, or treatment that can only be provided by a physician or approved health care professional. The writer is NOT providing medical services or feeding therapy services.

