



Six Month Feeding Guide

Your child is now six months old and will be making the transition from baby food to table food. Your child should be on three meals a day taking cereal, fruit and vegetables. You may now introduce cereals like: Cheerios, Rice Chex, Corn Chex and Crispix. Cheerios will dissolve quickly in your baby's mouth. Crispix, Rice Chex and Corn Chex can be easily crunched into little pieces with your baby's gum. Spoon feed your baby first, then put the cereal on the tray letting your baby feed him/her. As always, watch your baby carefully when eating. After this cereal, your baby will be ready for the breast or bottle.

At seven months you may introduce the third stage dinners with meats. If your child has not had meat before, introduce one new one every five days. Also between seven and nine months you may try table foods like mashed potatoes, french style green beans, slices of american cheese, toast, graham crackers, yogurt, cottage cheese, etc.

Do not give milk products yet if your child has been on a soy or other specialized formula. Do not give honey or karo syrup in the first year (baked honey is okay- Honey-Nut Cheerios, Honey Grahams, etc.) We do not recommend "follow- up" formulas. Keep your baby on breast milk or infant formula until he/she is one year old.