

Feeding Your Baby

Feeding Stages



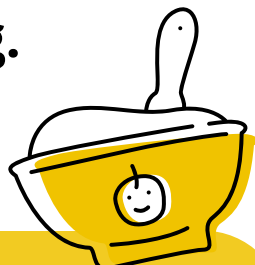
**0 to 4
Months**

Breastmilk
or formula

- Infants only need breastmilk or formula unless the doctor says something different.



- Rice cereals or "Puffs" are recommended because they dissolve easily and help prevent choking.



**7 to 9
Months**

Thicker
pureed and
mashed
table food

- Giving your baby vegetables and less sugary foods at the beginning can help them like more types of food and flavors.



- Encourage your child to try new foods with their hands. It helps them develop their senses.

**10 to 12
Months**

Soft, chewable
chunks in
forms of finger
foods