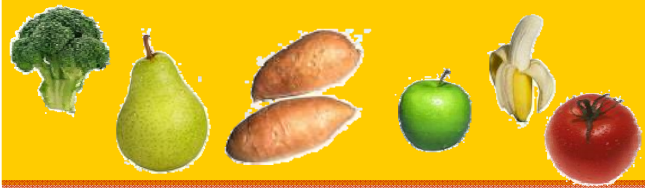


Getting Started

Baby's First Foods



Breast milk is the best food for Baby, but there will come a time at around 6 months of age when Baby will need extra food to help them grow strong.



Why start now?

Six months is about the time when Baby's body is ready for food.

Starting solids too early can increase their risk of allergies and obesity.

Starting too late means they miss out on the nutrients they need to grow and develop. It may also be harder for them to accept the new textures and taste of solids and this will make feeding harder.

Starting solids



Geraldton
Regional
Aboriginal
Medical
Service

Combined Universities Centre for Rural Health



Starting

Solids



At first, Baby may be a bit unsure about food. It's normal for them to;

- Want to play with the food,
- Spit out the food,
- Refuse the food.



How do

I start?

Relax

Introduction to solids can take time and all babies are different.

These tips can help;

- Make sure Baby has just finished a feed of breast milk,
- If Baby is too tired or too hungry they won't want to try new food,
- Sit Baby so they are comfortable,
- Let Baby watch the family eat at meal times, it helps them learn,
- Babies make a mess, it helps them learn about the sight, smell, taste and texture of food.

Ok, I'm ready!

Great! Lets start



Feed Baby their normal breastfeed then sit them comfortably and offer a small amount of warm or cool pureed, soft foods from a soft spoon.

Be aware that different foods will make Baby's poo different colours, textures and smells! Don't worry this is normal.



First foods

Start
here



Rice cereal is a great place to start. It's full of iron which is important for Baby's growth and development. You can make it up with breast milk or boiled and cooled water.



Then try cooked and pureed vegetables like potatoes, pumpkin, carrot and spinach.



Next, try fruit. You can cook, cool and puree apple, pears, peaches and apricots, or you can mash a banana.

Offer foods after breast milk.
Baby may only take one or two
teaspoons at the start.

Introduce rice cereal
first, then vegetables
then fruit.

Try each new food on
its own for the first
time.

Give Baby a new food
to try every couple of
days.

As Baby gets used to
solids, slowly increase
the amount you give and
don't overfeed

Easy

Quick

Cheap

Solids

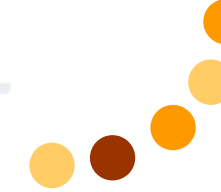
Fruit and vegetables are cheap
and nutritious, they help grow
strong babies.

You can buy them fresh, canned
or frozen.

If you want to save time, steam
or boil the fruit or vegetables in
water for about 10 mins or until
soft. Don't add salt or sugar.

Once they are cooled, drain
the excess water and blend or
mash with a fork or push
through a sieve and make sure
there are no lumps.

Spoon the food you don't need
for the day into ice cube trays
or small sealed containers and
freeze.



12 month

Age	Baby Stage	Text
0-6 month old	Baby is sucking and swallowing.	Liquid
6 months old	Early chewing and biting. Sucking is getting Stronger.	Puree
6-8 months old	Better chewing skills OK with different textures of foods.	Well m finely
8-12 months old	Wraps lips around spoon, bites and chewing skills are developing.	Rough or fine foods. introd finger
12 months +	Chewing well, can hold food and self feed.	Family large
Do I still Breastfeed? YES!	Continuous breastfeeding is breast milk before food from breast milk from 8-12+ mo	

eating guide



My daily food guide at 6 months old

Texture of food	Foods for Baby	
Solids	Breastmilk (or formula)	
Soft food	Start with rice cereal then try mild tasting vegetables and fruit; Carrots, banana, apple, pear, pumpkin potato.	  
Mashed and diced foods	Add in mashed and finely diced foods and add chicken, kangaroo and beef.	  
Finely mashed and finely chopped	Add in Well cooked fish with no bones, soft raw fruit, soft cooked chopped vegetables, cheese, yoghurt and pasta. Start finger foods.	  
Finger foods,	Add in Full fat pasteurised milk, well cooked eggs.	 

is recommended up to two years old. Give solids from 6-8 months then offer solids before 12 months.

Time of day	Type of food
Wake up	Breast milk
Breakfast	Breast milk then solids (1-2 teaspoons)
Morning Tea	Breast milk
Lunch	Breast milk then solids (1-2 teaspoons)
Afternoon Tea	Breast milk
Dinner	Breast milk
Bed time	Breast milk
Night time	Breast milk

My daily food guide at 8 months old



Time of day	Type of food
Wake up	Breast milk
Breakfast	Teaspoons of solids then Breast milk top up
Morning Tea	Breast milk
Lunch	Teaspoons of solids then Breast milk top up
Afternoon Tea	Breast milk
Dinner	Teaspoons of Solids then Breast milk top up
Bed time	Breast milk
Night time	Breast milk

About 8 months

We can start with chopped and finger foods.



You can also give a little bit of cheese...



..... and some bread.



Now try Baby with a cup filled with water.



Offer food before breast milk

Baby will have a few teeth by now and finger foods encourage chewing, this is good for Baby's face and mouth development.

Babies like to feed themselves, its how they learn.

Variety is great, offer a range of foods.

Toast, cooked carrots, chopped banana and cooked potato make great finger foods.

Prevent Choking

Babies can choke real easy

Foods that can cause choking are;

- Small
- Hard
- Round
- Sticky

Such as;

- Popcorn
- Nuts
- Seeds
- Lollies
- Corn chips

So make sure that;

- Bones are removed from meat and fish
- Remove skin from sausage
- Remove fat from meat
- Cook and mash hard fruit and vegies

What about commercial baby food?



Commercial food is more expensive than fruit and vegies.

The texture doesn't change so Baby wont learn to chew as quickly.

There is not much variety with Baby food so Baby wont be exposed to the variety you can give them at home.

What do I do If....

My Baby doesn't like the food I offer?

Don't worry, just offer the food another time. It can take up to 10 offers before Baby accepts new food.



The weather is hot!

Babies can dehydrate quickly so give Baby lots of fluid like breast milk or boiled and cooled water.



What if Baby's food tastes bland?

Babies have lots more taste buds than adults so bland food to us is strong food to them. So there is no need add salt, sugar or spices to Baby's food.



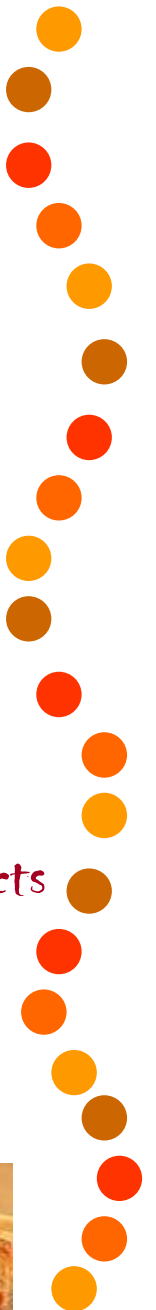
Foods to avoid

These foods are linked to allergies, bad bacteria or they are just too much for Baby's body to cope with;

- Honey
- Nuts
- Cow's milk
- Shellfish
- Soy products
- Wheat

Avoid these until Baby is over 12 months old.

Peanuts and peanut products should be avoided until 2-4 years old.



Drinks
to
avoid



These drinks are not suitable for babies because they are either high in sugar (bad for teeth), high in caffeine or can cause tummy upset or unwanted weight gain;

- Cows milk
- Fruit juice
- Tea, coffee, herbal tea
- Chocolate drinks
- Fizzy drinks i.e. Coke
- Cordials
- Sports or energy drinks



What should I give?

If Baby is thirsty, the best drink is either breast milk or boiled and cooled water.

Food Safety

Tips for keeping Baby's food safe

- Always wash your hands before making food.
- Wash Baby's hands before food.
- Use clean surfaces and cooking utensils.
- Wash all fruit and vegies.
- Store food in a container in the fridge or freezer.
- Re-heat food until it steams, then cool down before offering to Baby.
- Never re-heat food more than once, especially meat
- Keep pets away from food.





Who is here
to help?

Is my Baby lactose Intolerant?

'Lactose intolerant' means that Baby can't digest the sugar in cows milk. Look out for the following signs:

- Diarrhoea (runny, smelly poo)
- Baby crying/irritable
- Swollen belly
- Lots of wind

Remember, even though we don't give cows milk as a drink until Baby is 12 months old, cows milk is in:

- Custards
- Yoghurts
- Cheese sauces

So talk to the child health nurse if you think Baby is lactose intolerant.



Ngala

Early Parenting Services

Tel 1800 111 546
08 9368 9368

Poison Information Centre

24 hour service

Tel 13 11 26

