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
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.

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.
Great! Let's 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.

Ok, I'm ready!

First foods

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.

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

<table>
<thead>
<tr>
<th>Maturation of food</th>
<th>Foods for Baby</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 months of age</td>
<td>Breastmilk (or formula)</td>
</tr>
<tr>
<td>6-8 months of age</td>
<td>Start with rice cereal then try mild tasting vegetables and fruit; Carrots, banana, apple, pear, pumpkin potato.</td>
</tr>
<tr>
<td>8 months of age</td>
<td>Add in mashed and finely diced foods and add chicken, kangaroo and beef.</td>
</tr>
<tr>
<td>1 year of age</td>
<td>Add in well cooked fish with no bones, soft raw fruit, soft cooked chopped vegetables, cheese, yoghurt and pasta. Start finger foods.</td>
</tr>
<tr>
<td>Over 1 year of age</td>
<td>Add in full fat pasteurised milk, well cooked eggs.</td>
</tr>
</tbody>
</table>

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**My daily food guide at 6 months old**

<table>
<thead>
<tr>
<th>Time of day</th>
<th>Type of food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Wake up</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Breast milk then solids (1-2 teaspoons)</td>
</tr>
<tr>
<td>Morning Tea</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Breast milk then solids (1-2 teaspoons)</td>
</tr>
<tr>
<td>Afternoon Tea</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Dinner</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Bed time</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Night time</td>
<td>Breast milk</td>
</tr>
</tbody>
</table>

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Recommended up to two years old. Give 6-8 months then offer solids before one year.
### My daily food guide at 8 months old

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<tbody>
<tr>
<td>Wake up</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Breakfast</td>
<td>Teaspoons of solids then Breast milk top up</td>
</tr>
<tr>
<td>Morning Tea</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Lunch</td>
<td>Teaspoons of solids then Breast milk top up</td>
</tr>
<tr>
<td>Afternoon Tea</td>
<td>Breast milk</td>
</tr>
<tr>
<td>Dinner</td>
<td>Teaspoons of Solids then Breast milk top up</td>
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<tr>
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### 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, it’s 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
Commercial food is more expensive than fruit and vegies.

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

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

What about commercial baby food?

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.
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.

Who is here to help?

Ngala
Early Parenting Services
Tel 1800 111 546
08 9368 9368

Poison Information Centre
24 hour service
Tel 13 11 26