

# TIPS FOR AGE: 0-11 months



South Lake Pediatrics  
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- You can prepare your own baby foods by using whole foods that are pureed or ground with a bit of water. Extra servings can be frozen in ice cube trays for later use. Of course, you may purchase ready-made baby food as well.
- Initially, feeding times will be during times that are convenient for you or your daycare provider. As your baby moves into three meals a day, around the ages of 8 - 10 months, you should serve her meals at the same time as the rest of the family. Your baby will become very interested in what others around her are eating.
- Finger foods can be introduced between 8 - 10 months of age. Some good things to try are: Cheerios, veggie puffs, soft sliced cheese, yogurt, crackers, cooked pastas, cottage cheese, soft cooked vegetables, mashed potatoes, soft breads, fruits, puddings.

## SOME TIPS TO PREVENT CHOKING

- Cut up all food into small pieces. Cut, quarter and peel foods such as grapes and hot dogs.
- Gradually work up on the consistency of foods in your baby's diet. Do expect some gagging on foods as your baby reaches each new level of food consistency.
- Never leave your baby alone while he is eating.
- Don't let your baby feed himself while you're driving the car.



For more dietary or safety advice, check out our website at : [www.southlakepediatrics.com](http://www.southlakepediatrics.com) for links and information, or talk to your South Lake clinician.

TWK, JM, KS 7/09

## HEALTHY SLEEPING HABITS

The AAP has several recommendations on ways to reduce SIDS (Sudden Infant Death Syndrome) which include:

- Infants should always be placed to sleep on their backs.
- Offer a pacifier to your baby at nap and bedtime once breastfeeding is established.
- Avoid loose bedding and pillows in your baby's crib.
- Avoid any kind of smoke exposure.

## CAR SEAT TIPS

- Babies should always be in a car seat placed in the back seat of your car.
- Children should remain rear facing until they are two years old.
- Check the label on the side of your infant carrier to see its height and weight limits.
- For more detailed information please go to: [www.aap.org/family/carseatguide.htm](http://www.aap.org/family/carseatguide.htm)

## HOUSEHOLD SAFETY

- Keep the thermostat on your water heater less than 120 degrees to avoid burning your baby.
- Never leave your baby alone in the bathtub or near any standing water, even for a moment.
- Keep all cleaners and medications locked and out of reach of your child. If your child does eat something potentially harmful, contact poison control at: **1-800-222-1222**.
- Smoke detectors *and* carbon monoxide detectors should be installed and working in your home.
- Avoid infant walkers with your child.
- Make sure all drapery cords are out of your child's reach to avoid strangulation.

## OUTDOOR SAFETY

- Sunscreen is safe to use for your child for sun-exposed skin surfaces, even those under six months. The best approach is to keep your infant's skin covered with long clothing and to keep her shaded.
- It is OK to use bug spray on babies older than two months of age as long as it is less than 30% DEET and only used once a day.
- Avoid combination sunscreen and bug spray formulations since sunscreen needs to be reapplied frequently, and applied to exposed areas of the body where bug spray should be avoided.
- Be sure to wash the bug spray off your child when you return inside.

## STARTING SOLID FOODS

- Remember breastmilk and/or formula remain the most important source of nutrition for growth and development during your baby's first year. The American Academy of Pediatrics (AAP) recommends breastfeeding babies for at least a year.
- The AAP recommends that all babies who are exclusively fed breastmilk should have their diets supplemented with Vitamin D. Recent guidelines indicate that *even formula-fed babies* that drink less than 32 oz./day are not getting enough Vitamin D in their diets. Either 1 ml a day of **Tri-vi-sol** (containing vitamins A, D and E) or **Poly-vi-sol** (a multivitamin) will supply the required amount of Vitamin D.
- Introduction of any solid food should begin no sooner than 6 months of age, unless otherwise recommended by your pediatrician or nurse practitioner.
- Feed your baby at her own pace. Some babies even at 6 months of age may not be ready for solid foods. Your baby will cry, turn away, refuse to swallow and let the food run out of her mouth by pushing her tongue out, despite repeated attempts to offer solids by a spoon. Feeding should be a happy experience. It is OK to wait a week or two and try again!
- As your baby learns to self-feed around 8 to 11 months of age, he will explore food by squishing, poking, mashing, feeling and smelling before tasting it!
- Do not introduce honey before one year of age.

## HOW SHOULD I BEGIN SOLID FEEDINGS AND WHAT FOODS SHOULD I SERVE?

- Rice cereal is usually the first solid food introduced in your baby's diet. Infant cereal is important because it provides a good source of iron and vitamins for your baby.
- Your baby should continue on iron and vitamin fortified cereals until your baby is old enough to eat meats and other food sources with iron.

- Start with approximately 1 - 2 tablespoons of dry cereal flakes per day. You can gradually increase to 4 - 8 tablespoons a day as your baby grows. Cereal should be mixed with either breastmilk or formula. The consistency should be that of "soft yogurt." If the cereal is too "soupy" it gets lost in your baby's mouth and becomes difficult for his tongue to collect the cereal and swallow. If it is too thick, like a mashed potatoes consistency, he could have an unhappy gagging experience.
- Solids can be offered one or two times per day, working up to three solid feedings between 8 and 10 months of age.
- Once cereal has been introduced, one new food can be tried about every three days. There is no one right way to introduce fruits or vegetables; do what works for you as parents. It is important to offer your baby food that even you dislike, such as beets!



- It is important to introduce water to your baby in a sippy cup around six months of age. This water intake, however, should remain small, up to at most about 4 - 6 oz. per day. This is not directed at hydration but rather to familiarize her with a sippy cup and to help her wash down her solid foods.
- Offer your baby solids when they are hungry but not starving. Eventually solids will replace a feeding from breastmilk or formula.
- Juice should not be introduced to your baby unless your nurse practitioner or pediatrician recommends otherwise. Juice has very little nutritional value and is high in sugar. If offered, only 1 to 2 oz. of 100% fruit juice should be given per day and diluted with water.
- Meats are an important source of protein for your baby. You can introduce meats around 6 months of age. Some suggestions would be: pureed meat, deli meats, tender cooked chicken, beef, pork, turkey, and ham. Soups and stews can also be introduced.