

Healthy Baby, Happy Baby...Feeding Your Baby Right

Feeding your baby nutritious foods allow them to have the energy and nutrients to grow and develop. Helping your baby build a positive, healthy relationship with food is a skill that will last them a lifetime.

- A good time to introduce food (other than breast milk or formula) would be between 4 and 6 months. Be cautious not to introduce foods too early, your baby's digestive system will not be ready to process them during the early months.
- Avoid forcing your child to eat. You want your child to establish a healthy relationship with food which comes from them listening to their bodies on when they are hungry and when they are full. If your child is a picky eater talk to your pediatrician about your concerns.
- Don't use food as a reward. Again, you want your child to form a healthy relationship with food and eating for reasons other than being hungry does not encourage this healthy relationship to develop.
- Introduce foods slowly. Try one food at a time to ensure your child does not have a negative reaction to any new food they are introduced to.
- When you first introduce semi-solid food make sure it is thoroughly pureed. You can blend food with a little breast milk or formula to achieve a smooth texture.
- When introducing foods start with plain pureed fruits and vegetables (no additives like salt or sugar). You can also introduce your baby to single-grain cereals. Once your child has had a chance to master eating these types of food you can introduce dairy and pureed meats, if you so choose. When serving your baby meat, ensure it has been fully cooked.

