

# ROSELAND PEDIATRICS

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## FEEDING SCHEDULE

The best way to nourish your newborn is breast-feeding; the second best way is iron-fortified formula. The feeding of solids should be delayed as long as your baby is content and growing properly.

If at around four (4) months of age your infant is not sleeping enough between feeding and is showing signs of hunger, despite an adequate intake of breast milk or formula, solid foods can be started. ONLY one (1) single food should be introduced every three to four (3-4) days, in order to assess any potential allergic reaction to that particular food such as rash, vomit, swelling or change in bowel pattern.

Introduce vegetables for lunch and dinner beginning with ½ to 1 jar at each meal. As your baby's appetite increases you may add cereal and fruit for breakfast. (ex. rice cereal, applesauce or bananas) If your baby displays signs of constipation or diarrhea or discomfort with the introduction of solids, it would be advisable to discontinue the solid feeding and call your doctor.

The purpose of solids introduction is to give your baby a supplement to its main diet of breast milk or formula when needed and to gradually acquaint your baby to a schedule of feeding similar to your own. Your baby can participate with the family during the main meals of breakfast, lunch and dinner. At around six (6) months of age, meat can be introduced as white meat, including chicken and turkey, or even lamb with mixed with vegetables at lunchtime. This could be done in three (3) ways: mixing one (1) jar of meat with one (1) jar of vegetables; buying pre-mixed jars; or making your good old-fashioned chicken soup and offering it to your baby after thoroughly processing it through the blender.

Remember do not follow a rigid rule when feeding your baby. When it comes to quantity of solid foods, that can vary from baby to baby; however, a reasonable intake of formula of twenty-five (25) ounces (+ or -) should be maintained in order to provide adequate hydration and proper nutrition. For breast-fed babies, six to seven (6-7) wet diapers a day should be observed to assure that you are providing adequate fluids.

In view of recent data of future food allergy prevention guidelines it is advisable to expose an infant around (7) seven months of age to small amounts of peanut butter and baby yogurt, unless there is severe family history to these products or the baby has severe eczema.

Egg yolks can be introduced at around nine (9) months of age, as soft-boiled egg (boiling for five (6) minutes) at breakfast, two to three (2-3) times per week. In addition, at around 9 months of age, baby can tolerate most table foods with some texture.

At around one (1) year of age, your baby will tolerate most foods and should be eating with the family three (3) times per day. Whole milk can be introduced slowly over a one (1) week period; replacing formula or breast milk to a maximum of twenty 18-20 ounces per day. **Avoid night-feeding and do not give milk and vitamins concomitantly as fluoride binds to calcium.** Avoid raw honey before 15 months of age. Try weaning from bottle to sippy cup as soon as possible, Along with dental hygiene twice daily. It is always preferable to give vitamins between breakfast and lunch followed by a sip of water and teeth brushing to avoid any dental staining.

Should your child have any reaction to any food at all during the first or second year, please call us and feel free to discuss the matter with the doctor.

-Revised March 2017