

4-6 Month Old Feeding Handout

When Your Baby Is 4-6 Months Old And Can...	Your Baby Is Ready For You To...	Good Foods To Offer...
<ul style="list-style-type: none"> • Hold head up. • Sit up in a high chair. • Open mouth wide when sees food coming. • Close lips over the spoon. • Make a chewing motion. • Move food from the front to the back of tongue. • Swallow the food. • Turn head to refuse food. 	<ul style="list-style-type: none"> • Offer soft, smooth foods from a spoon. • Provide 1-2 meals daily. See Sample Menu. 	<ul style="list-style-type: none"> ➤ GRAINS AND CEREAL <ul style="list-style-type: none"> • Smooth, plain, infant cereals with iron. Mix cereal according to the directions on the package. ➤ VEGETABLES AND FRUIT <ul style="list-style-type: none"> • Cook, then mash or puree mild-tasting foods like squash, peas, sweet potatoes, green or yellow beans, apples, peaches, pears, apricots, and plums. ➤ MEATS AND ALTERNATIVES <ul style="list-style-type: none"> • Puree or mash these in the liquid you cooked them in, water, or breastmilk. If you're formula feeding, you can use formula. • Examples include: <ul style="list-style-type: none"> – Beef, chicken, turkey, lamb, pork – Tofu – Well-cooked legumes, such as beans, lentils, and chickpeas – Cooked eggs – Fish: white fish (haddock, halibut, sole, cod), salmon, and canned light tuna – Peanut butter (single ingredient, no added sugar or salt)*

***If a sibling or parent is allergic to peanuts or tree nuts, or if your infant has had any previous food allergies or suffers from atopic dermatitis/eczema (severe dry skin), please discuss with your pediatric provider before starting these foods.**

Some of the material used in this handout is from Loving Care, published by the Nova Scotia Health Department. See novascotia.ca/dhw/lovingcare/.