FEEDING TIPS

- Put your baby in a high chair and sit facing him.
- Use a small, long-handled baby spoon.
- Put cereal to her lips, not in her mouth, so she can use her sucking skills.
- Introduce one food at a time.
- Stop feeding as soon as he shows you he is full.

SAFETY TIPS

- Always wash your hands before feeding your baby.
- Clean all bottles and dishes with hot, soapy water, and rinse well.
- Check the temperature of any heated bottles to make sure they’re evenly warmed, not hot.
- Never microwave a bottle or baby food.
- Throw away any leftover breast milk or formula left in a bottle at the end of a feeding.
- Don’t feed your baby directly from a baby food jar. Put the baby food in a dish, and throw away any that is leftover.

FURTHER INFORMATION

Women, Infants, and Children
www.floridawic.org

La Leche League
www.lalecheleague.org

Feeding Infants – Team Nutrition

Lucile Packard Children’s Hospital at Stanford
www.lpch.org/DiseaseHealthInfo/HealthLibrary/newborn/infantfed.html

American Academy of Nutrition and Dietetics
www.eatright.org/kids/

Ellyn Satter Institute
www.ellynsatterinstitute.org/