

Needham Pediatrics

Feeding Advice Age 4 months

Dr. Rosin

GENERAL ADVICE

1. Allow 2 days for each new food before adding any additional new foods.
2. Always begin with single foods before mixtures of foods.
3. All solid food should be given by spoon in the upright position.

BREAKFAST & DINNER – Begin now

Week 1 – Cereals- Rice, Oatmeal, Barley, Mixed – begin with 1 tablespoon,
increase to 2-4 tablespoons per feeding

Week 2 – Strained (Stage 1) fruits (1/4 to 1/2 jar) – applesauce, pears, peaches, etc.

LUNCH

Week 3 – Yellow vegetables – squash, carrots, sweet potatoes (1/2 jar),
Green vegetables – peas, string beans, spinach (1/2 jar)

Week 4 – Meats, first poultry, then red meats (1/3 to 1/2)

AGE 5 1/2 months

1. Switch from Stage 1 (strained) to Stage 2 (junior) foods
2. Table treats – Jello, vanilla ice cream, vanilla pudding, YoBaby yogurt

AGE 6 MONTHS

Cookies, crackers, toast – only if your child is sitting upright

OTHER INSTRUCTIONS

1. Fruit juices – apple, white grape, cranberry – diluted with equal parts of water
May be substituted for an afternoon bottle 2-3 times weekly beginning at
4 months.
2. Tylenol dosage

Revised 11/10/08