



Infant Feeding: 4-6 months

For the first year of a baby's life, breast milk or formula should be the main source of their nutrition. Around 4-6 months of age, a baby may be ready to start eating some solid foods.

This handout will help you know what to expect from your baby, but keep in mind every child grows and changes at their own pace.

What are my baby's feeding behaviors?

Before starting to eat solid foods, your baby should be able to:

- Hold their head up without it wobbling
- Sit well in a highchair
- Show interest in food
- Close their mouth around a spoon
- Keep food in their mouth without pushing it out with their tongue
- Still seem hungry after breast or bottle feedings

What do I feed my baby?

- Breast milk or formula, PLUS
- Pureed fruits or vegetables like sweet potatoes, squash, apples, bananas, peaches, or pears
- Semi-liquid iron-fortified cereal



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Feeding tips

- If your baby won't eat cereal or pureed fruits or vegetables on the first try, offer it again a few days later. It can take many times for a baby to learn to like a new food.
- Offer new foods one week apart, so you can tell if your baby is sensitive or allergic to that food.

When should I get help?

- If your baby continually chokes or gags when given table food.
- If your baby's bowel movements become very firm or very watery after introducing table foods. Keep in mind bowel movements will change somewhat after table foods are started.

Typical Feeding			
Food	Portion Size	Feedings per Day	Total Amount per Day
Breast milk or infant formula	6-8 ounces	4-6	32-36 ounces
Infant cereal or pureed fruits or vegetables	1-2 Tbsp	1-2	1-3 Tbsp

