

STEPS TO INTRODUCING SOLIDS

Before introducing vegetables and fruits to the baby, try feeding the baby about a tablespoon of rice cereal mixed with formula or water to the consistency of runny yogurt. This will help to introduce the skill of eating solids. Continue with the rice cereal mixture once per day for 2 weeks then:

- 1) Start one new food at a time.
- 2) Continue feeding the baby the same new food for 5 days in a row to ensure that the baby is not allergic to a particular food.
- 3) Vegetables or fruit can be mixed with a few tablespoons of rice cereal. Other grain cereals can be used once the baby seems unsatisfied with the rice cereal.

TIPS:

Start with vegetables: Yellows (squash, sweet potato, carrots) then greens.

Next introduce fruits. It is safe to start with fruits first, however, please be advised that the baby may not eat anything else.

If the baby is spitting out all the food consistently, he/she may not be ready for solids quite yet. Wait a few weeks and then try again.

