

# 4-6 MONTHS



Dora, 4½ months

Is your baby ready for cereal?	Yes	No
Can she sit with support?		
Can she hold her head and body steady?		
Can she move food to the back of her mouth and swallow?		
Does she look for food to be offered, open her mouth, and close her lips over the food?		

**Note:** This is a general guide. Ask your baby's doctor if you have questions or concerns.

## If she can do all the above, you can offer cereal!

At this age, only offer her **rice, oat and barley** cereal.

Rice cereal will be easiest for her to digest, so offer this first.

Wait at least seven days before beginning oat or barley cereal.

Offer her one new cereal at a time.

Begin by offering her cereal once a day—mix one teaspoon of dry cereal with one tablespoon of breastmilk or formula.

You can gradually increase the amount of cereal you offer. Soon, your baby may be eating 1-4 tablespoons of cereal 1-2 times a day. Your baby will let you know when she has had enough.

## Helpful Hints

Morning is a great time to offer cereal. Your baby will be most interested if the room is relaxed and quiet.

Before trying cereal, offer breastmilk or formula.

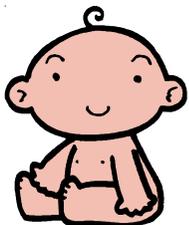
Give cereal on a spoon, not in a bottle or infant feeder.

Let your baby see the spoon. She will let you know when to move the spoon closer by opening her mouth or showing some excitement. To spark some interest, try putting a little cereal on her lips.

If your baby feels forced to eat with the spoon, she may get scared and hesitate to try again.

As your baby gets older, remember to always hold her when she uses a bottle—even if she can hold it herself.

*Remember...  
Breastmilk or formula  
is still my main food!*



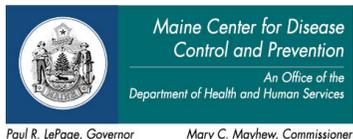
## One new food at a time

When your baby is about 6 months old and does well with cereal, she'll be ready to try her first fruit or vegetable.

Offer only one new fruit or vegetable every seven days—this will help you know if your baby is allergic to a food.

If you think a new food has given her a stomachache, diarrhea, or skin rash, don't hesitate to call your baby's doctor for support. It is best to wait another month before offering this food again—her digestive system may need more time to mature.

Maine Center for Disease Control and Prevention  
WIC Nutrition Program  
800-437-9300 TTY 800-606-0215  
www.wicforme.com



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