

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.

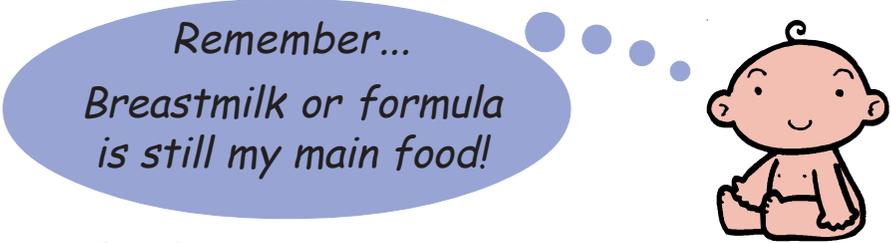
Before trying cereal, offer breastmilk or formula.

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.



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



DHHS Non-Discrimination Notice

The Department of Health and Human Services (DHHS) does not discriminate on the basis of disability, race, color, creed, gender, sexual orientation, age, or national origin, in admission to, access to, or operations of its programs, services, or activities, or its hiring or employment practices. This notice is provided as required by Title II of the Americans with Disabilities Act of 1990 and in accordance with the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, Title IX of the Education Amendments of 1972 and the Maine Human Rights Act and Executive Order Regarding State of Maine Contracts for Services. Questions, concerns, complaints or requests for additional information regarding the ADA may be forwarded to DHHS' ADA Compliance/EEO Coordinators, 11 State House Station – 221 State Street, Augusta, Maine 04333, 207-287-4289 (V), 207-287-3488 (V), 1-800-606-0215 (TTY). Individuals who need auxiliary aids for effective communication in program and services of DHHS are invited to make their needs and preferences known to the ADA Compliance/EEO Coordinators. This notice is available in alternate formats, upon request. This institution is an equal opportunity provider.