

Infant Feeding Safety

Be careful, your baby has special feeding needs.

PREVENT CHOKING

Why?

Babies are learning how to eat and choking is a hazard. You need to pay attention when baby is eating.

How?

- *Babies do not need solid foods before they are 4-6 months old. Your baby only needs breast milk or iron-fortified infant formula until this age.*
- *After 4-6 months, make sure your baby is sitting to eat, and stay with your baby.*
- *If your baby is crying or laughing, keep food out of his or her mouth.*
- *After baby is 9 months old, when you start to give him or her peanut butter, choose smooth peanut butter and spread it thinly.*
- *Do not give your baby or toddler hard or crunchy foods that will not dissolve or “melt”, such as hot dog pieces, nuts, chips, carrot slices and whole grapes.*

PREVENT FOOD ALLERGIES

Why?

- *If people in your family have food allergies, your baby is more likely to have allergies too.*
- *You can help your baby avoid or delay developing food allergies.*

How?

- *Only offer one new food at a time. Wait a few days before giving another new food.*
- *If your baby doesn't show signs of an allergy, like diarrhea and/or skin rash, then you can introduce another new food.*
- *Introduce solid foods at the recommended age, in the recommended order.*

Protect your baby's teeth...

- *Do not give him or her bottle of milk or juice to go to sleep with, or to sip on for long periods (when shopping, for example).*
- *Give your baby juice in a cup instead of a bottle.*