How long should I continue breast or formula feeding?
Until at least 12 months, even after you begin spoon-feeding. You may continue breastfeeding beyond 12 months of age.

Which foods should I introduce first?
It does not matter which solid foods are first introduced as long as they are age appropriate. If your infant is receiving breast milk, iron-containing cereals and meat-based baby foods are recommended.

How do I know if my baby is allergic to a food?
Common signs may include diarrhea, rash, or vomiting. It is recommended to wait 3-5 days between introducing each new food. Discuss with your health care provider if you believe your baby has an allergic reaction to a food.

Is there anything I should not give my baby?
- Juice, soda, or other sweetened drinks; avoid these until at least 24 months old.
- Do not add baby cereal to bottles.
- Do not give any honey until at least 12 months old.
- Foods commonly recognized as choking hazards, see next page.

What is the best way to prevent picky eating?
Taste preferences are set at about 9 months, so it is important to offer a variety of flavors, colors, and textures early on. It can take up to 20 exposures to a new flavor for a child to get used to it. Offer 1-2 bites at a time and keep trying! It will be worth it!

How can I get my baby to like eating?
Creating positive meal times can impact your baby’s interest, acceptance, and enjoyment of feeding. It is important to:

- Hold your baby while bottle-feeding for at least the first 4 months.
- Seat your baby upright in a supportive chair for spoon feeds.
- Set a good example; parents should eat a good variety of foods from all food groups.
- Eat together as a family.
- Let your baby self-regulate and decide when enough is enough; never force your baby to eat or drink.
- Make feeding time a happy time for the whole family.
Use the information below as a guideline for feeding your baby in the first year and developmental characteristics at each stage.

Keep in mind that this is a guide. Readiness, skill progression, and feeding behaviors vary from baby to baby.