

### **FEEDING SCHEDULE FOR THE FIRST YEAR**

0-3 months: breastmilk and/or formula exclusively

3-4 months: can start cereal at 3 months if your baby routinely takes 8 oz per feeding (usually bigger babies), otherwise wait until 4 months. Start with rice cereal first and give with a spoon before bedtime (can help with sleeping through the night), then after tolerating for 3-4 days, can try oatmeal, and then mixed, etc.

4 months: introduce vegetables first; one new one every 3-4 days, and then fruits (except strawberries)

4-6 months: can have juice, but limit to 4 oz/day; pear and prune juice help more with constipation

9 months: introduce meats and soft table foods

Foods to avoid in the first year: whole milk, eggs, peanuts, shell fish, strawberries, orange juice, and tomatoes