

# Baby Bloomers!

Whether your child is barely budding or fully flourishing, this guide will help you navigate food and feeding strategies for later infancy.



## Seedlings: 6 months

**What:** Breast milk and/or formula. If baby shows signs of readiness, introduce solid foods that are pureed or pureed and strained.

**How:** Breast or bottle. Spoon feed solid foods.

### Complementary Food Tips:

- Start with iron-fortified cereal, meats, fruits, veggies or grains.
- Start with a texture that is thin and almost watery.
- If your baby cries, turns his or her head away, or spits most of the food out, he/she may not be ready for solid foods. And that's OK! Stop feeding, and try again when baby is ready.

## Sprouts: 6-8 months

**What:** Breast milk and/or formula with solid foods that are pureed and strained, just pureed, or mashed.

**How:** Breast or bottle. Spoon feed solid foods.

### Complementary Food Tips:

- Transition from watery purees to pureed and mashed foods.
- Intake of breast milk or formula may decrease as your baby consumes more solid foods.
- Offer more variety of meats or meat alternatives, fruits, veggies, grains and dairy.
- Introduce single-ingredient foods, one at a time.
- Follow child's appetite and desire for more or less food.



## Stems: 8-12 months

**What:** Breast milk and/or formula with solid foods that are pureed and strained, just pureed, mashed, ground or finely chopped.

**How:** Breast or bottle. Spoon feed solid foods. Self feed finger foods.

### Complementary Food Tips:

- Transition from mashed foods to lumpy, ground or finely chopped.
- Let your baby explore food with their hands and a spoon.

**Sources:** United States Department of Agriculture. (2016). *Infant Nutrition and Feeding: A Guide for Use in the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)*.

Castle, J. & Jacobsen, M. (2013). *Fearless feeding: How to raise healthy eaters from high chair to high school*.

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