

Solid Foods for the Breastfed Baby

RESOURCE GUIDE

Helpful Links

- [How to Know Your Baby is Ready](#)
- [Food Sensitivities and Breastfeeding](#)
- [Solid Starts- First Foods® Database](#)
- [Infant CPR Class](#)
- [Gourmet Homemade Baby Food Recipes](#)
- [Foods for Baby and the Whole Family](#)
- [Healthy Foods Chart](#)

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Solid Foods for the Breastfed Baby

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Solid Foods for the Breastfed Baby

Class Notes

Goals for Starting Solid Foods

- Introducing baby to new flavors, nutrient sources, and skills.
- Breast milk should remain primary food through first year.
- Maintaining baby's current weight and height growth curves.
- Be flexible.

Is Breast Milk Enough?

- World Health Organization (WHO) breastfeeding recommendations: *"Exclusive breastfeeding for 6 months is the optimal way of feeding infants. Thereafter infants should receive complementary foods with continued breastfeeding up to 2 years of age or beyond."*
- Breast milk is still a valuable source of nutrition and immunological factors for as long as you choose to continue breastfeeding.

How to Know Your Baby is Ready

- Baby sits upright and holds head up well.
- Baby's tongue thrust reflex is gone.
- Baby is able to pick things up and move them to their mouth.
- Baby chews even if he or she has few or no teeth.
- The World Health Organization recommends beginning solids at 6 months to be sure baby is getting adequate iron.



What About Drinks?

- WHO definition of exclusive breastfeeding is that the infant only receives breast milk without any additional food or drink, not even water.
- Fruit juice offers no nutritional value and can cause tooth decay and diarrhea.
- Water is not recommended for breastfed babies under 6 months.
 - After 6 months, water may be offered in moderation, but is not necessary if breastfeeding on demand and should never take the place of breast milk.
 - Cow's milk is not recommended before 12 months.
 - If you continue to breastfeed your baby, cow's milk is not necessary.

Mealtime Supplies

- No supplies other than food are needed but here are a few helpful options:
 - Highchair
 - Silicone Utensils
 - Suction Bowls and/or Plates
 - Bibs
 - Baby Food Mill
 - Storage Containers
 - Placemats
 - Coverings for under highchair
 - Cups (straw, open, or soft nipple)



Allergies

- The most common food allergens in the US are: dairy, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish.
- How to avoid allergic reactions:
 - Timing
 - Introduce allergens before age one in small amounts.
 - Speak to your doctor before offering allergens if baby has eczema or other known food allergies or a family history of them.
 - Cadence
 - There is no need to wait 3-5 days between the introduction of new foods, however, you should only introduce one high allergen food at a time.
 - Variety
 - Your baby should have a wide variety of foods to choose from by age 1.
 - Breastfeed
 - Eating small amounts of high allergen foods while breastfeeding may help reduce risk of allergy or intolerance.
 - **Food Sensitivities and Breastfeeding**
- Symptoms of an allergic reaction:
 - Wheezing, shortness of breath, swelling of face or mouth.
 - ***Seek medical help immediately and call 911.***
 - Hives, rashes, itching, vomiting, abdominal pain, behavioral changes.



Baby Led Feeding

- Infants feed themselves right from the start.
- Food should not be too small for baby to grasp easily.
- Encourages self-regulation.
- Helps babies stop eating when full.
- Has positive effects on child's food preferences and eating habits.

Solid Starts- First Foods® Database

- This is a free database that provides:
 - info on how to serve 400+ foods at any age or stage
 - nutrition information
 - choking prevention
 - allergy information

Foods to Avoid

- Processed and canned foods
- Low fat products
- Honey or corn syrup
- Raw meat or raw eggs

Choking Hazards

Be prepared by taking an Infant CPR Class

- Hot dogs, meat sticks, Vienna sausages
- Nuts and seeds
- Chunks of meat and cheese
- Whole grapes
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Uncooked hard fruits such as apples
- Hard, gooey, or sticky candy



Making Baby Food

- [Gourmet Homemade Baby Food Recipes](#)
- [Foods for Baby and the Whole Family](#)
 - Wash your hands before preparing food and feeding your baby.
 - Avoid cross contamination, especially when handling raw meats.
 - Cook meat to recommended temperature.
 - Wash and rinse fruits and vegetables.
 - Baby food containing dairy, eggs, and cooked meat can be refrigerated for up to 24 hours but not longer.
 - Baby food containing fruits and vegetables can be refrigerated for up to 48 hours.
 - Always test the temperature of warmed food before offering it to the baby.

Expected Weight Gain for Breastfed Babies from 6-12 Months Old

- Babies typically gain 1.75 oz to 2.75 oz per week from 6-12 months old.

Vitamins & Supplements

- [Healthy Foods Chart](#)
- [Vitamin and Mineral Supplementation While Breastfeeding](#)



Keeping Milk Supply Up While Starting Solids

- Keep breast milk as baby's primary source of nutrition through age 1.
- Offer breast milk before solids.
- Breastfeed on demand 8+ times per day.
- If partially or fully pumping, target 24-32 ounces total milk per day.
- Don't worry if the baby doesn't eat the solids offered.
- Remember that starting solid foods is a gradual process.

What To Do If Baby Refuses Solids

- Don't force feed.
- Feed when the baby is in the mood to learn.
- Offer small amounts of food.
- Present a new food more than once before assuming the baby doesn't like it.
- If baby isn't showing interest, it's ok to postpone and try again in a few weeks.
- Each baby is different, so readiness to start solids will vary; be patient.
- Continue nursing on demand.

How Solid Foods Change Poops

- Stool color, smell, and texture may change as your baby starts solids.



Weaning

- There is no definite age at which a baby/toddler should be weaned.
- If possible, wean slowly because it can help reduce discomfort in your breasts and can help your baby adjust emotionally to this new change.
 - It is very rare for infants to voluntarily self-wean before 12 months.
 - Nursing Strikes

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Disclaimer: This class is intended for general education purposes only and should not replace any medical direction from your healthcare provider. Please seek advice from your own healthcare provider and lactation consultant (IBCLC) for individualized recommendations.

