

## Feeding an Infant

	4 months	4 1/2	5 months	5 1/2	6 months	6 1/2	7 months	8-9 months	9-12 months
<b>Nursing</b>	Usually sufficient until 6 months				Sufficient if baby still gaining weight				
<b>Formula</b>	20-24 oz/day	20-24 oz/day		20 oz		20 oz		16-20 oz	
<b>Cereal</b>	1 time/day	1-2 times/day		1-2 times/day		1-2 times/day			
<b>Baby Food</b>	1 time/day	1-2 times/day		1-2 times/day		1-2 times/day		2-3 times/day	
<b>Stage baby food</b>	Stage 1		Stage 2			Stage 3		Table Food	
<b>Juice</b>	None	None	None	None	None	None	None	None	2-3 oz as a treat

### Feeding Schedule (example)

Timing	Food/Formula
6-7 AM	Bottle 3-4 oz
8-10 AM	Cereal 3-4 oz    Rice/Oatmeal
11 AM - 12 PM	Baby food
2-3 PM	Bottle 3-4 oz
5-6 PM	Baby food
7-8 PM	Cereal 3-4 oz    Rice/Oatmeal
9-10 PM	Bottle 3-4 oz

### Baby Food

<b>Stage 1</b>	Liquid
<b>Stage 2</b>	Formed
<b>Stage 3</b>	Chunky

Feeding young children could be bit challenging at times. The above schedule has worked for our offices, but it can be modified to suit your child's needs. The weight needs to be followed up routinely by the child's pediatrician to make sure they are gaining appropriate weight. The feeding schedule can/should be discussed with your child's pediatrician.