

GUIDE TO STARTING SOLIDS

The American Academy of Pediatrics recommends that babies be exclusively breastfed for at least the first 6 months of life. At approximately 4 to 6 months of age, your doctor may give you the green light to introduce solid foods to your baby. Signs that your baby may be ready for solids can include: being able to eat from a spoon, to sit with support, to turn their head, and to grasp and raise objects to their mouth.

We understand how important it is to you that your baby establishes healthy eating habits right from the start. The Sprout Guide to Starting Solids is a resource designed to make introducing solid foods to your little sprout a little easier. Please keep in mind that you should make all decisions about your child's diet under the guidance of your child's pediatrician or nutritionist, who understands your child's individual needs..

MONTH	DAYS 1 & 2	DAYS 3 & 4	DAYS 5 & 6	DAY 7
Week 1 <small>write in new food ingredient</small>	After one milk feeding (breast or bottle), try one small spoonful of a single ingredient food, like one of Sprout's Starter Foods.	After one milk feeding (breast or bottle), offer baby the same food as Days 1 & 2, about 2 teaspoonfuls. (Same food for at least 4 days total)	If baby responded well to this week's food, continue your usual milk feedings (breast or bottle), and after one feeding offer between 2 and 5 teaspoonfuls of Week 1 food.	If baby responded well to this week's food, continue your usual milk feedings (breast or bottle), and after 1 feeding offer Week 1 food. Let your baby tell you when he or she is full.
WEEK 1 NOTES:				
Week 2 <small>write in new food ingredient</small>	Continuing your usual milk feedings (breast or bottle), offer your Week 1 food after any 2 milk feedings. Let your baby tell you when he or she is full.	Continuing your usual milk feedings (breast or bottle) at Any One feeding offer Week 1 food, at Any Second feeding offer 1-2 teaspoonfuls of the new Week 2 food. If baby is still hungry, follow up with Week 1 food.	Continuing your usual milk feedings (breast or bottle) at Any One feeding offer Week 1 food, at Any Second feeding offer 2-5 teaspoonfuls of the new Week 2 food. If baby is still hungry, follow up with Week 1 food.	If baby responded well to this week's food, continue your usual milk feedings (breast or bottle), and offer Week 1 or 2 food after any 2 milk feedings. Let your baby tell you when he or she is full.
WEEK 2 NOTES:				
Week 3 <small>write in new food ingredient</small>	Continuing your usual milk feedings (breast or bottle), offer your Week 1 or 2 food after any 2 or 3 milk feedings. Let your baby tell you when he or she is full.	Continuing your usual milk feedings (breast or bottle) at Any Two feedings offer Week 1 or 2 food, at Any Third feeding offer a 1-2 teaspoonfuls of the new Week 3 food. Follow up with Week 1 or 2 food.	Continuing your usual milk feedings (breast or bottle) at Any Two feedings offer Week 1 or 2 food, at Any Third feeding offer 2-5 teaspoonfuls of the new Week 3 food. Follow up with Week 1 or 2 food.	If baby responded well to this week's food, continue your usual milk feedings (breast or bottle), and offer Week 1, 2 or 3 food after any 2 or 3 milk feedings. Let your baby tell you when he or she is full.
WEEK 3 NOTES:				
Week 4 <small>write in new food ingredient</small>	Continuing your usual milk feedings (breast or bottle), offer your Week 1, 2 or 3 food after any 2 or 3 milk feedings. Let your baby tell you when he or she is full.	Continuing your usual milk feedings (breast or bottle) at Any Two feedings offer Week 1, 2 or 3 food, at Any Third feeding offer a 1-2 teaspoonfuls of the new Week 4 food. Follow up with Week 1, 2 or 3 food.	Continuing your usual milk feedings (breast or bottle) at Any Two feedings offer Week 1, 2 or 3 food, at Any Third feeding offer 2-5 teaspoonfuls of the new Week 4 food. Follow up with Week 1, 2 or 3 food.	If baby responded well to this week's food, continue your usual milk feedings (breast or bottle), and offer your Week 1, 2, 3 or 4 food after any 2 or 3 milk feedings. Let your baby tell you when he or she is full.
WEEK 4 NOTES:				