Latches onto nipple or bottle
Tongue moves forward and back to suck
Drinks 2 to 6 oz. of liquid per feeding, 6x per day
Sucks and swallows well during feeding

Breast milk and/or formula

A newborn's digestive tract and control of muscles of the mouth are still developing, so they should not be eating any solid foods. Babies often explore items by putting them in their mouth. Be aware of choking hazards.

Shows interest in food
Opens mouth as spoon approaches
Moves pureed food from front of mouth to back

Breast milk and/or formula
Infant cereal
Smoothly pureed food (single ingredient only), like carrots, sweet potato, squash, apples, pears

Breast milk and/or formula
Infant cereal
Smooth, pureed food (single ingredient only), like carrots, sweet potato, squash, apples, pears

Homemade purees should have a thick liquid consistency. Make batches of homemade purees and freeze in ice cube trays. Thaw purees before feeding to your baby. Introduce baby to one new food at a time (every 3 days) when transitioning to solids. Try alternating feeding baby with an open cup and spoon and letting them try to feed themselves.

When first introducing thicker purees, mix with a thin puree. Vary thinner purees and thicker purees. Try alternating feeding baby with drinks from bottle and food from spoon. Have a stronger core and more control over their neck and head movement is important for introducing solids.

Introduce baby to one new food at a time (every 3 days) when transitioning to solids. Try alternating feeding baby with drinks from bottle and food from spoon. Have a stronger core and more control over their neck and head movement is important for introducing solids.

Alternate giving baby a straw to drink from and helping baby with an open cup. Try alternating feeding baby with spoon and letting them try to feed themselves.

When first introducing thicker purees, mix with a thin puree. Vary thinner purees and thicker purees. Try alternating feeding baby with drinks from bottle and food from spoon. Have a stronger core and more control over their neck and head movement is important for introducing solids.

Introduce baby to one new food at a time (every 3 days) when transitioning to solids. Try alternating feeding baby with drinks from bottle and food from spoon. Have a stronger core and more control over their neck and head movement is important for introducing solids.

Alternate giving baby a straw to drink from and helping baby with an open cup. Try alternating feeding baby with spoon and letting them try to feed themselves.

When first introducing thicker purees, mix with a thin puree. Vary thinner purees and thicker purees. Try alternating feeding baby with drinks from bottle and food from spoon. Have a stronger core and more control over their neck and head movement is important for introducing solids.

Introduce baby to one new food at a time (every 3 days) when transitioning to solids. Try alternating feeding baby with drinks from bottle and food from spoon. Have a stronger core and more control over their neck and head movement is important for introducing solids.

Alternate giving baby a straw to drink from and helping baby with an open cup. Try alternating feeding baby with spoon and letting them try to feed themselves.