If air won’t go in… Give 5 back blows… Look for and clear any object from mouth

If not breathing and no pulse… Give 5 chest thrusts… Reattempt

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7 to 9 Months
- Babies are ready to increase the variety of foods, as well as the textures of foods in their diet.
- Meals, poultry, and soft, chunky baby foods may be introduced at this time.
- Breastfed babies may desire fewer feedings and formula fed babies may take less than 28 ounces of formula per day.
- Home-prepared foods should be introduced in the range of 16-24 ounces per day. Children need the fat in mother’s milk or whole cow’s milk for proper growth and development. Therefore, low-fat milk should not be introduced until two years of age. In the second year, consider introducing foods with fiber, such as multi-grain cereals and 100% whole wheat bread. Avoid peanut butter until after the second year because of allergies and choking.

10 to 12 Months
- Chopped table food, well-cooked vegetables (without salt or sugar), cottage cheese and other soft or lumpy foods may be introduced.
- Babies use their gums and tongue to mash the lumps, so it doesn’t matter if your baby has no teeth.
- Most babies eat three or four meals a day.
- Gradually, babies grow more independent and can be encouraged to hold a spoon while drinking from a cup.
- Talk to your baby by naming the food being eaten, objects in the area, the utensils used, or the color of the food.
- Finger foods such as chopped pieces of ripe banana, dry unsweetened cereal, crackers, or teething biscuits are good choices.
- Always stay with baby while he or she is eating.

12 to 18 Months
- The minimum amount of food that children in this age range should eat includes:
  - Mother’s milk or whole milk 16 to 24 ounces per day.
  - Fruits and vegetables 4 to 8 tablespoons.
  - Broads and cereals 4 servings (a child’s serving is 1/4 slice of bread, 1/2 ounce each).
  - Meat, poultry or fish 2 servings per day or 1 tablespoon or 1/2 ounce each.

Safety at the Plate

When feeding children under four years of age, or children with developmental disabilities, take extraordinary care with foods that require extensive chewing, or could cause choking if swallowed.

Foods such as chunks of meat or cheese, hot dogs or hot dog cuts, whole grapes, nuts, chunks of peanut butter, wafers, pretzels, cherry tomatoes, une Forrest cereal, milk or milk products, popcorn and raw carrots can be dangerous if swallowed whole.

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Follow these simple guidelines when watching children:
- Always supervise children while eating. Choking incidents often occur when older siblings offer babies food they’re not yet developmentally ready to handle.
- Insure that children to take small bites and chew their foods completely. A few children have a tendency to bite off more than they can chew at any one time.
- Insure children sit down during meals and snacks. Never let them to stand while eating.
- Don’t let children run with anything in their mouths.
- Cut foods into small pieces (less than 1/4 inch) and place only a few pieces on the plate at a time.
- Carefully select a sturdy high chair with safety straps.

Starting Solids

Nutrition Guide for Infants and Children 6 to 18 Months of Age

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- Cut foods into small pieces (less than 1/4 inch) and place only a few pieces on the plate at a time.
- Carefully select a sturdy high chair with safety straps.
Why should I wait until my baby is around four to six months old to start feeding solid foods?

Your baby gets all the nutrients needed for growth and development from mother’s milk or iron-fortified infant formula for the first four to six months of life.

Your baby’s risk for having an allergic reaction to food is lower when you wait until about four to six months of age to introduce solids, especially if there is a family history of food allergies.

Your baby is not ready to digest foods other than mother’s milk or infant formula until about four to six months of age.

Your baby will not sleep any better if solid food is added to the diet before the age of about four to six months.

Your baby’s risk of choking is higher before about four to six months of life due to lack of developmental readiness.

How much food is enough?

Babies begin to observe and mimic their parents’ or other caregivers’ eating habits. At this point, the baby may be ready to graduate to various solid foods.

Parents, grandparents, and other caregivers have many questions about this important milestone: When are babies ready to add solid foods? Which foods should be given? Knowing the signs of fullness helps avoid a problem if the baby is too full by turning their heads away from the spoon or pushing the food out of their mouth when a new food is introduced. It may take 10 to 15 attempts before your baby is eager to eat a new food. This is normal. Don’t be discouraged. Soon the baby will become more accustomed to eating all kinds of foods and will eventually open his or her mouth in anticipation.

Increasing the amount and thickness of the cereal once the baby becomes used to the consistency. Feedings will gradually increase to 4–6 tablespoons of cereal twice a day.

Always make sure the baby is sitting up to eat.

Position the baby so that he or she can see the face of the person feeding him or her. Mealtimes provide important opportunities for babies and their caregivers to smile, laugh, talk, and enjoy being together.

Feeding Timeline

The following guidelines indicate when babies may be ready to graduate to various solid foods. Ask your pediatrician, family practitioner, or other health care provider for specific feeding advice.

**Months**

**Baby May Begin…**

- About 4-6 months: iron-fortified single-grain baby cereal, strained/pureed vegetables and fruit
- 6-9 months: strained meats/poultry, mashed or grated vegetables and fruit, chunky, soft prepared baby foods
- 12+ months: toddler foods

**Six to Nine Months**

- Your baby will not sleep any better if solid food is added to the diet before the age of about four to six months.
- Your baby is not ready to digest foods other than mother’s milk or infant formula until about four to six months of age.
- Your baby’s risk of choking is higher before about four to six months of life due to lack of developmental readiness.
- Your baby gets all the nutrients needed for growth and development from mother’s milk or iron-fortified infant formula for the first four to six months of life.
- Your baby’s risk for having an allergic reaction to food is lower when you wait until about four to six months of age to introduce solids, especially if there is a family history of food allergies.
- Your baby is not ready to digest foods other than mother’s milk or infant formula until about four to six months of age.
- Your baby will not sleep any better if solid food is added to the diet before the age of about four to six months.
- Your baby’s risk of choking is higher before about four to six months of life due to lack of developmental readiness.
- Your baby can hold a spoon with a handle and a rubber coating at the feeding tip to serve the cereal.
- Beginning feedings: Place a small portion of cereal in the middle portion of the baby’s tongue.
- Do not use a baby bottle to feed cereal or other solid foods to your baby. A baby needs to experience how foods taste and feel in their mouth.
- Remember that every new food is a new sensation in taste and texture for your baby. Babies may make a face and may push the food out of their mouth when a new food is introduced. It may take 10 to 15 attempts before your baby is eager to eat a new food. This is normal. Don’t be discouraged. Soon the baby will become more accustomed to eating all kinds of foods and will eventually open his or her mouth in anticipation.
- Increase the amount and thickness of the cereal once the baby becomes used to the consistency. Feedings will gradually increase to 4–6 tablespoons of cereal twice a day.
- Always make sure the baby is sitting up to eat.
- Position the baby so that he or she can see the face of the person feeding him or her. Mealtimes provide important opportunities for babies and their caregivers to smile, laugh, talk, and enjoy being together.
- Baby’s appetite can vary from day to day. Babies let you know when they are full by turning their heads away from the spoon or holding their lips closed. Never force them to eat more food after indicating fullness. Respect your baby’s appetite by paying attention to their signals of fullness. This helps your baby learn to eat just a little bit more, rather than eating too much. Knowing the signs of fullness helps avoid a problem with obesity later in childhood.

When do I add other foods?

- Once the baby has mastered cereal, introduce prepared, strained baby foods to the diet after a few days.
- Introduce one new food every 3–5 days to allow the child’s system to adjust and to watch for any unusual reactions.

When An Infant Is Choking

**American Red Cross First Aid**

**Not breathing…**

- Give 1 slow breath about every 3 seconds

- Do not use a baby bottle to feed cereal or other solid foods to your baby. A baby needs to experience how foods taste and feel in their mouth.

- Use a small spoon with a long handle and a rubber coating at the feeding tip to serve the cereal.

- Beginning feedings: Place a small portion of cereal in the middle portion of the baby’s tongue.

- Do not use a baby bottle to feed cereal or other solid foods to your baby. A baby needs to experience how foods taste and feel in their mouth.

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- Gradually increase the amount of vegetables or fruit to about 4 to 8 tablespoons daily, depending on the baby’s appetite.

- By age seven months, your baby should be eating two meals of cereal, fruit and vegetables per day, in addition to continuing to breastfeed or take formula.

- Juices are not needed at this age. Wait until your baby is using a cup to offer juices to protect his or her teeth from decay.

- Signs of possible problems with a new food include: a new skin rash, diarrhea or vomiting. Stop feeding the new food and tell your baby’s health care provider about the reaction at the next visit.

**Hint:** Keep a diary of new foods introduced and any reactions.

**(continued…)**

**If conscious, but choking…**

- Give 5 back blows… and 5 chest thrusts

- BeGant blows and thrusts

- Repeat blows and thrusts

- If not breathing…

- Artwork and text reprinted with permission of American Red Cross.

- The Basics

- Check the scene for safety

- Check the victim for consciousness, breathing, pulse and bleeding

- Dial 9-1-1 or local emergency number

- Care for the conditions you find

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