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"Practice Limited to Pediatrics"

**Feeding Guide
(4-6 Months)**

During this time in your baby's life, you may receive pressure from family and well-meaning friends to feed fruit juices, cereal and other solids. However, breast milk or formula still provides your baby with all the nutrients he needs.

As he approaches six months, you will notice changes in his behavior conveying to you his readiness to begin solids.

At your next check-up you will be given instructions regarding introduction of solids.

