

JEREMY L. WARNER, M.D.
JOHN M. JANSEN, M.D.
3320 Tates Creek Road, Suite 302
(859)269-4604

"Practice Limited to Pediatrics"

Feeding Guide (2-4 Months)

Breast milk or formula is still the best milk for your baby.

Although you may feel "pressure" at this time from family or friends to begin solids, your baby is still receiving all the nourishment he needs from their milk, and does not need any additional foods. It is interesting to note that for the first six months an infant receives all the nutrition he needs from breast milk or formula.

Nutritional research over the past several years has defined the reasons for later introduction of solid food. It has been found that the chewing, swallowing, and digestive mechanisms are not fully developed until 6 months of age; solid food before this age also appears to sensitize the intestine resulting in allergies later in life; and finally, early introduction of solids has been demonstrated to block the absorption of iron which is needed to build new red blood cells. Therefore, only after six months of age will solid foods begin to add important vitamins and nutrients essential for growth.

Make feeding time a happy and relaxing experience for both you and your baby. Take your time, hold him, talk to him, and enjoy him.

