

HEALTHY EATING FOR YOUR 0 – 2 YEAR OLD

Breast Milk Is Best

It is nature's perfect "first" food, supplying all of the important nutrients your baby needs during the first year of life. Let your baby decide when to eat and how much.

Smart Choices

- If breastfeeding is not possible, iron-fortified infant formula is the only acceptable alternative.
- Wait until your baby is 4 to 6 months old before introducing solid food.
- You may switch to cow's milk after your baby's first birthday.
- After that first birthday, it's time to lose the bottle and transition your baby to using a cup.

Healthy Activities

- Programs such as Mommy & Me and Gymboree are fun for your baby — and for you!
- Set aside time for your toddler to run around and play every day.

Planning For Success

- As your child becomes more independent, he will probably want to feed himself. Go ahead and let him explore his food. Be patient with spills or messes, and keep a sense of humor handy at all times.