Months 6 to 8
Your Breastfed Baby

6 Months
Starting solids!

- Babies usually experience another growth spurt around 6 months. Even though you may have started solids, always offer breastfeeding first as breastmilk is more nutritious. Sometimes babies will wake more frequently at night during a growth spurt.
- Your baby will slow down to about a 1/2 inch of growth a month now until their 1 year birthday.
- One pound per month is how much weight your baby will gain through the end of their first year. They will start to look leaner and be more active.
- Remember to make sure that your baby is still nursing frequently. If you start replacing nursings with solids too quickly, your baby may become constipated.
- Doctors used to say that babies should double their birth weight by 6 months, but remember that every baby's growth pattern is dependent on their birth weight, age, size of their parents, and family history. Good consistent growth is more important than lots of changes all over the chart.
- Exclusively breastfeeding for the first 6 months has given your baby protection against eczema until they are 3 years old.
- One of the health benefits for your baby of being exclusively breastfed is you have decreased their chances of childhood leukemia by 15% to 19%.

Sippy Cups
Getting started!

- Playing is how babies learn about new things. When you first give them a sippy cup, they may dump it, throw it, or not drink from it at all.
- Offer a sippy cup frequently with water to help your baby get used to it.
- Your baby may need help figuring out how to use a cup for the first time. It's okay to help him.
- You may have to try several different kinds of sippy cups before you find one your baby likes. Keep trying!

HEALTHY GALLATIN

Montana WIC

WIC is an equal opportunity provider.

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7 to 8 Months

More teething and more distraction!

- Babies continue to be distracted but this does not mean they are ready to wean. This is just a temporary lack of interest as their brains and memory grow. It is extremely rare for a baby to self wean before they are 1 year old.
- Your baby will continue to breastfeed 5 to 7 times a day at this age, even while eating solids. Once your baby is eating 3 meals of solids a day, they may drop a feeding or two.
- Teething, teething, teething! Your baby will continue to drool and put everything in their mouth. When a new tooth is breaking through it can be very painful and they may refuse solids and increase the number of times they want to breastfeed. This usually only lasts a few days.
- Babies who are exclusively breastfed for 7 to 9 months have higher intelligence than babies weaned before 7 months.

Introducing Solid Foods

- Always start with single vegetables, fruits, and infant cereals that are pureed and smooth.
- Offer your baby one new food every 3 to 5 days in case they have an allergic reaction. It will make it easier to know which food your baby is allergic to.
- If you are buying baby food with your WIC checks, remember they can be single fruits, vegetables, combinations or fruits and vegetables, and meats. No dinners or combinations meats and vegetables or fruit. They must be 4 ounce glass jars for fruits and vegetables, and 2.5 ounce glass jars for meat.
- It's okay if your baby does not like baby food initially. This is another new experience for them and it may take some time. It does not mean they will not like it later when you offer it again.
- Breastfed babies are exposed to many different flavors in breastmilk and may not like some of the jarred baby foods because they are unseasoned. Do not season baby food, continue to offer the food to them. Carrots are a flavor that is strong in breastmilk and many babies enjoy it.
- If you prefer, you can make your own baby food. Ask us for a handout on how easy it is to make your own.
- Never use honey in your baby's food! It can cause infant botulism and can make your baby very sick.