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How To Introduce Baby Food To Your Baby

By Kerri Stalton

As your little one reaches the age of five or six months, it's time to start thinking about introducing semi-solid foods into his or her diet. Before then, mother's milk is the best food for a baby. Breast milk is easy to digest and provides a rich supply of vitamins and disease-fighting antibodies for the baby. It also fosters a close bonding experience between the baby and his or her mother.

While most mothers have enough milk to satiate their little one's hunger, the decision to breastfeed is a deeply personal one. Breastfeeding may not be preferable to all women. For mothers who can't breastfeed or who decide not to, baby formula is a healthy alternative.

Babies should be fed with semi-solids only after the rooting or sucking instinct leaves them. This happens by the fifth or sixth month. At first feeding time will be messy, and probably frustrating, as your baby gets used to the unfamiliar taste and texture of baby food. Some babies will cry because they cannot get food fast enough, while others will spit out the alien texture of semi-solid food. Lots of patience is needed until your baby develops a taste and appetite for the new kinds of food you are introducing into his or her diet.

It's a good idea to keep the use of store-bought jarred or tinned foods to the minimum. Many of them have additives, extra starch and high levels of sugar. If you decide to make your own baby food, hygiene should be your first concern, followed by nutrition.

– Rinse all equipment with hot water. – Boil utensils such as spoons, knives and mashers. – Do not store cooked food in the refrigerator for prolonged periods. – Discard any leftover baby food, as bacteria forms quickly in unfinished meals. – Make sure that you introduce new items slowly and in small doses. – Start with baby cereal; then introduce vegetables and fruits; and then start introducing meats.

When you start introducing semi-solid foods to your baby, he or she should be reasonably hungry by mealtime, but not overly hungry. The first semi solid food all my children started with was iron-fortified infant rice cereal mixed with breast milk or formula. After that I started introducing vegetables; then fruits; then meats.

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At the beginning, babies should have finely pureed foods, as they get a little older and have both upper and lower teeth for chewing, introduce foods that are a little chunkier. As your baby grows, introduce a wider variety of food. If he rejects something, replace it with something else. You can introduce the rejected item after a few weeks or a month.

Although the baby food you make yourself at home is best, not all parents have the time to make homemade baby food. There are some good commercial choices on the market today. Baby food manufacturers understand parents want wholesome baby food for their parents. There are several all natural and organic baby food choices now available to parents - foods that are a safe and healthy alternative to homemade.

Kerri Stalton is a featured writer for BabiesExpert, a great resource site about caring for a baby. To learn more about baby food, please visit us at

<http://www.babiesexpert.com/babyfood/>

and

<http://www.babiesexpert.com/>

Living With Pets– Keeping Your Baby Safe

By Sarah Veda

So, up to this point, your dog or cat has been your baby, but now there's a little human on the way. It is normal and, in fact, wise to be concerned about how the two are going to mix. The chances are very good that everything will work quite well and your pet and your child will be very close buddies, but there are some things you can do to be prepared. First some tips for dogs:

Teach your dog to stay out of the nursery Start right away putting up a baby gate or keeping the door closed to help your dog learn to stay out of the baby's room. Later on, you can allow the dog in the room, especially if you are in there, but it's best to prepare him at first to stay away.

Introduce your dog to some other babies If he's never been around a baby, carefully introduce some into his life. He is much less likely to be anxious around your baby if he is introduced gradually.

Make sure he is well trained A baby's behavior is not predictable, so your dog has to be the grown up in this case. If your dog does not obey you, it's time for some training before the baby arrives. If your dog is a male, and you haven't had him neutered, this is a good time for that, too. It should make the dog calmer and more well mannered.

Then, there's the cat - some of the same ideas work for cats, too, except that training them to stay out of a room is pretty difficult. They scale baby gates, and cribs, by the way with ease. So, in addition to a baby gate, it's wise to purchase a net to go over the crib, to keep the cat out. Also, if your cat sleeps

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with you, don't put the baby in your bed with the cat in the room.

For both types of pets, keep the food and water bowl away from the baby. Babies love to play in them, and this can not only make a mess, but can cause the animal to be even more jealous. Also, at some point, if your child can get to the pet food, he will try to eat it. I promise.

Your child and your pets should develop a good relationship with little trouble. Just be diligent for a while until everybody is comfortable, and you should continue to have a happy home.

Sarah is a 41 year old wife and mother of two boys and one girl. She spent many years as a manager in the corporate world, and gave it up to be a stay at home mom. Go to

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now and get her incredible baby minicourse - absolutely free.



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