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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Is Your Baby Ready For Solid Foods

By Sarah Veda

Your little one is growing like a weed and drinking you out of house and home. You may be

wondering if your little one is ready for some solid food. Here are a few tips to help you determine if your baby is ready to take the next step.

Gone are the days when anxious moms start their little ones on cereal somewhere between six and twelve weeks. To be honest, these moms did this for their own convenience, rather than the baby's health. Starting a baby on cereal early can help them sleep through the night sooner, which, I know, sounds heavenly. But here's why it's not a good idea. Your baby's tummy is just not developed enough to properly digest solids, even watered down cereal, just yet. If you force the issue, you are inviting a tummy ache, or worse, a true gastric disorder. So, when those older ladies give you this advice, smile and ignore it. But don't fault them too much. About 30 years ago, this was considered the thing to do, and even pediatricians endorsed it.

Today, most pediatricians will recommend that you wait until your baby is five to six months old to start solids. In addition to using this age as a guideline, there are some signs you can look for that indicates that your child is really ready. If you wait until you see some signs of readiness in your child, you will likely have much better success than if you just pick a day and start.

First, is your baby interested in what you are eating for dinner? At four and a half months, my daughter was literally grabbing for my plate when she sat with us at the table. Since she was clearly interested, we started her just a bit before she turned five months.

Another good indicator is that your child can sit fairly well, with only a little support. It's much easier to feed them solids when they are somewhat able to support themselves. You will probably still have to support them with pillows or rolled up towels for a while, especially if you put them straight into the high chair. There are some great feeding chairs for younger children that can work better than a high chair in the early days.

If you think your baby is ready for solids, check out my article on the best starter foods. You can find it in "Mommy to Mommy - The Truth about Taking Care of Baby" at

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<http://www.educatedmother.com>

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

<http://www.infantresources.com>

now and get her incredible baby minicourse - absolutely free.

The 6 Key Points to Preparing Your Own Baby Food

By Nancy Miller

The 6 Key Points to Preparing Your Own Baby Food by Nancy Miller

Congratulations on taking the decision to prepare your own food for your baby! By doing so, you're treating him to two of life's greatest gifts — good health and delicious food.

Before you get started, here are some important points to keep in mind...

ONE AT A TIME

Introduce new foods to your baby's diet one at a time. Allow at least five days between each new food. This will give you time to spot any allergic reactions. Introduce them at breakfast or lunch to reduce the risk of any allergic symptoms developing during the night. Be sure to only give your baby foods that are appropriate for his/her age.

TAKE IT IN STEPS

Make the progression from thin liquid purées to more solid, chunkier meals slowly, making sure that your baby is able to cope comfortably with the new texture every step of the way.

KEEP IT WHOLESOME

Add no salt, little or no sugar and little or no fat to your baby's food. Let's leave the unwanted additives to the baby food manufacturers. Even if, to you, the food seems to lack something, your baby won't mind (it's still much tastier than anything that comes in a jar).

DON'T FORCE YOUR BABY TO EAT IF HE/SHE DOESN'T WANT TO

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We all have a tendency to over-react if our little bundle of joy doesn't want his supper. But, remember, we all have times when we just don't feel hungry -- it's just that your baby has no way of telling you this. Give him/her the amount he/she wants, no more and no less. Don't worry, he/she will make up for it next time.

DON'T FORGET THE BASICS

Always test the temperature of the food before you serve it. Keep in mind that your baby's mouth is more sensitive than yours. Be sure to pay attention to good hygiene practices when preparing your baby's food.

NEVER BEFORE 4 MONTHS

You may find that your friends and family -- with the best of intentions -- will tell you to begin adding cereals to the bottle when your baby is just a few weeks old. The story goes that this will help him/her sleep better at night. Please ignore this advice -- it is a myth. Your baby's body isn't ready to cope with any solid foods yet. Do NOT give your baby ANY solid foods before he/she reaches four months of age. Most babies begin the transition somewhere between five and seven months (no later than eight months is recommended).

Finally, always keep in mind that every baby is unique. While there are some rules that are true for every child, feeding your baby is largely a process of 'learning on the job'. After all, it's your baby who'll let you know when he/she is ready to try out new foods and it's your baby who'll tell you what he/she likes or doesn't like.

Use good old common sense. Follow the guidelines, but don't be ruled by them.

Have Fun!

Nancy.

Nancy Miller is author of 'How to Make Your Own Healthy Baby Food' and a full-time working mom. Visit Nancy's website at <http://www.healthy-baby-food.com>



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