

Build Your Baby's Body and

Taste Buds!

Babies and toddlers under the age of 2 are growing faster than at any other time in their lives. That's why it's important to make every bite count. While your baby's diet has been pretty bland so far, you can soon make mealtime an all-new eating adventure.

Of course, you'll want to check with your pediatrician first, but generally, babies who sit without support and can easily eat from a spoon are ready for more variety and textures.

Variety, Variety, Variety.

After your baby is comfortable with basic single-ingredient foods, it's time to add some life to her diet and help develop her little taste buds by introducing a wider variety of fruits and vegetables.

Teach your baby to enjoy a whole smorgasbord of foods right now, and chances are, you'll help her develop into a child (and then

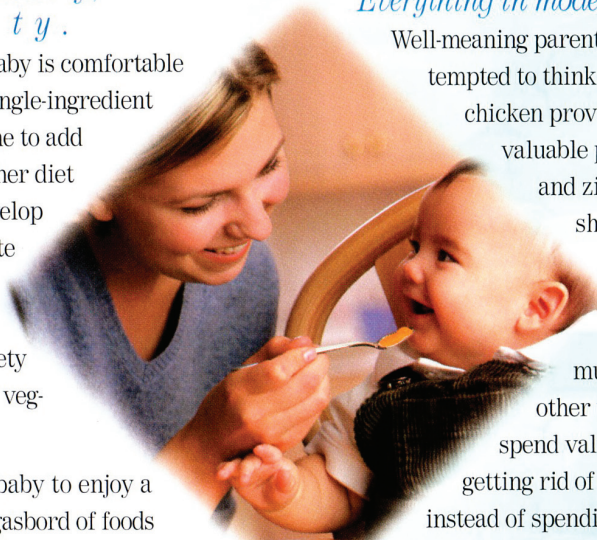
an adult) who seeks out a wide assortment of foods. Variety makes life so much more interesting – and nutritious.

Continue to add foods slowly.

Add new foods slowly, so you can check for food sensitivities. According to the American Dietetic Association, once your baby has grown accustomed to fruits and vegetables, follow up with meat, poultry and beans. After that, add bread, yogurt and cheese.

Everything in moderation.

Well-meaning parents might be tempted to think that if a little chicken provides baby with valuable protein, calcium and zinc, then they should feed her lots of chicken. Not so. Babies who are fed too much protein (and other types of foods) spend valuable energy getting rid of excess waste instead of spending that energy on growing.



Food – East, West, North, South –

Everywhere except my mouth!

As your baby is increasingly able to sit and move on his own, chances are, the more he will voice what he likes – and doesn't like – to eat.

A method to the mess.

One of the easiest ways to cope with mealtime fussiness is by letting him begin feeding himself. He will begin to use his thumbs and fingertips to handle food. During his first tries, get ready for some big laughs and a huge mess. No matter where the food ends up (on his face, in his hair, on the wall, etc.), what counts most is that you let him try. He'll soon

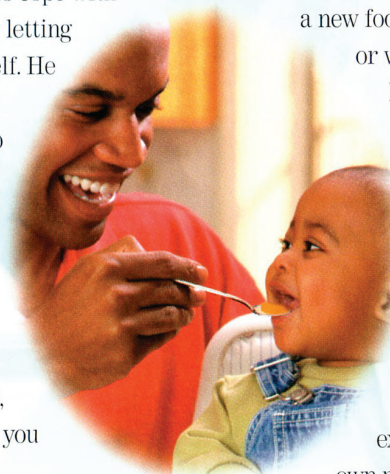
discover what works and what doesn't. It may also help to let him feed himself only when he's really hungry.

If at first you don't succeed ... try, try again!

Don't be discouraged if your baby rejects a new food. Try a few more times or wait until the next meal.

Don't give up! Sometimes it takes up to 10 tries to get baby to accept a new food.

Also, let your baby try every flavor, even if it's not your favorite. Offering variety gives your baby a chance to explore new tastes and his own preferences.



Questions?

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Look at who's Sitting by *Himself!*

Look, Mom! Look, Dad! There's so much more baby can do! As your baby continues to grow, use these milestones as a general guide.

Physical — He begins to sit without help and will soon crawl, scoot or roll. He's pretty creative in his ability to get around ... watch him wiggle toward a favorite toy. He will also start to use his thumb and fingers to hold and move small objects.

Social/emotional — He listens now and answers in his own way. He drops things so you pick them up, and likes the noise from banging toys and bowls.

Communication — He begins to grasp objects and turns when you call him by name. He knows who "Mama" and "Daddy" are and yells (loudly) for attention. He will look toward new sounds, such as a ringing telephone.

Feedings — He easily eats from a spoon and can swallow food without gagging. He uses his little tongue to move food to the back of his mouth.



Ask Your Pediatrician

By now, you know your pediatrician well, so feel free to ask your doctor any questions, including:

- *When do I move my baby onto mixed-ingredient foods or those foods with more texture?*
- *How many hours of sleep does my baby need?*
- *What are typical teething symptoms?*
- *How can I tell the difference between teething and a cold?*
- *What are some safe exercises to help develop my baby physically?*

Time Out for Teeth!

Say goodbye to toothless grins. It's time for teeth! Between 4 and 7 months, babies usually begin developing teeth.

Typically, the two bottom teeth are the first to appear, followed by four new teeth every four months or so.

Teething can cause a bunch of problems for your little one, from coughing, diarrhea and low-grade fever to trouble sleeping or refusing to eat. A cold spoon or teething ring can bring some relief. Don't freeze teething rings, however, because they get too hard.

If you're unsure whether your baby has a cold or just the symptoms of teething, the safest bet is to check with your pediatrician.

When teeth appear, it's important to take care of them. Use a small, soft toothbrush or gauze and water.

To ward off early tooth decay, avoid sticky treats and letting your baby go to bed with a bottle of milk or juice. Both produce prime conditions for tooth decay.

