Complementary Feeding

By the time your little one is six months old, it is time to get him started on complementary foods. Breastfeeding alone beyond 6 months does not provide sufficient nutrition for growth.

To avoid choking, it is crucial that your child is developmentally ready in terms of his oral-motor skills (mouth patterns) as well as hand and body control. These determine when to introduce solids, different textures, and how the feeding is done.

The table below illustrates the recommended textures and examples of food for estimated ages and the necessary oral-motor skills to handle a given texture.

When Child can:	Estimated Age	Texture	Description	Serve:
• Suck and swallow. • Able to take food from spoon with lips.	6 months onwards (breastfeed exclusively up to 6 months, unless special cases).	Thin puree	Use strainer/ blender and blend to a paste (add liquid for thinner consistency).	Infant cereal, strained meat, pureed vegatables and fruits.
• Suck and swallow. • Able to take food from spoon with lips. • Swallow thickened puree and not gag.	6 months onwards (breastfeed exclusively up to 6 months, unless special cases).	Thick puree	Food forms a thicker consistency or heavy mash (without lumps).	Blended meats, pureed vegetables and fruits.
• Swallow without gagging. • Close lips while swallowing food. • Remove food from spoon with lips. • Up-and-down munching movement.	6 to 7 months onwards	Mashed	Food is blended or mashed with a fork (still retains some texture and consistency)	Mashed potatoes, carrots, sweet potatoes, pumpkin, bananas and other soft fruits such as papaya, mango, egg yolk.
• Begin to chew in rotary pattern.	8 months onwards	Ground	Food ground in food chopper, not blender (should be easy to chew).	Crumbled or ground meat, scrambled eggs, pieces of soft bread, crackers broken into small pieces.
• Side-to-side tongue movement. • Vertical and diagional jaw movement, with enough strength to break up the food.	10 to 11 months onwards	Chopped	¼ to ½ inch in size.	Meat, vegetables and fruits.
• Close lips and keep food in mouth. • Bite through food. • Enough jaw strength to grind.	10 to 11 months onwards	Regular size	Cut up food or leave it whole.	All foods. (family meals can be served from 12 months onwards)

Feeding Children Guide

Xiang Xie

Feeding Children Guide:

Decoding **Feeding Children Guide**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its capability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Feeding Children Guide**," a mesmerizing literary creation penned with a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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