

# How to start feeding your baby

英語

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## ◆ Why is baby food necessary?

- To provide nutrition not available in breast milk and formula
- To introduce your baby to other tastes, besides breast milk or formula
- To get your baby accustomed to eating food, besides milk or formula

## ◆ When should you start feeding your baby?

### Around 5-6 months after birth

- when the baby's neck is stable
- when the baby can sit with support
- when your breastfeeding routine is established
- when the baby salivates, while parents are eating



Let's start making baby food!



## ◆ What should I remember, when making baby food?

- ☆ Wash your hands thoroughly!!
- ☆ Heat foods
- ☆ Don't feed your baby leftovers or pre-made food  
Let's use frozen storage wisely ♪

Be careful-- Babies are vulnerable to bacteria and diseases.



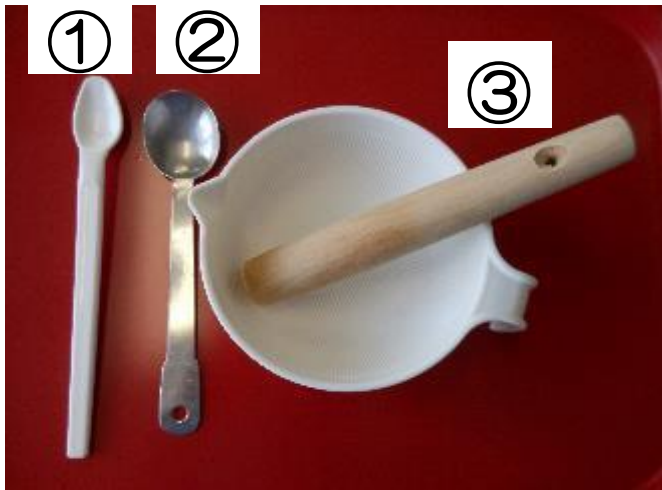
## ◆ Do not serve the following, until your baby is over 1 year old

- Honey
- Cow milk  
(Limited use for baby food is OK around 7-8 months after birth)

## ◆ Make sure to not provide too much:

- Snacks for babies
- Fruit juice, juice for babies
- Ion-water (Only when your doctor recommends)

◆ What should I prepare?



① **Spoon for baby food**



Narrow and shallow

Long handle

② **Measuring spoon (Teaspoon)**

③ **Mortar and pestle**

Smaller size is convenient.



④ **Apron for meals**

At an early age, a large handkerchief is enough.

⑤ **Ice cube tray**

This allows you to store food between each meal.

⑥ **Freezer bag**



When starting off, these items are sufficient.  
You can buy some of them at 100 yen shops.

◆ What should I feed my baby first?

Let's start with porridge (potage) .

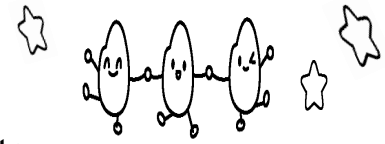
On the first day, feed roughly one teaspoon of porridge,  
10 times throughout the day.

Watching the baby's reaction, increase the quantity little by little.

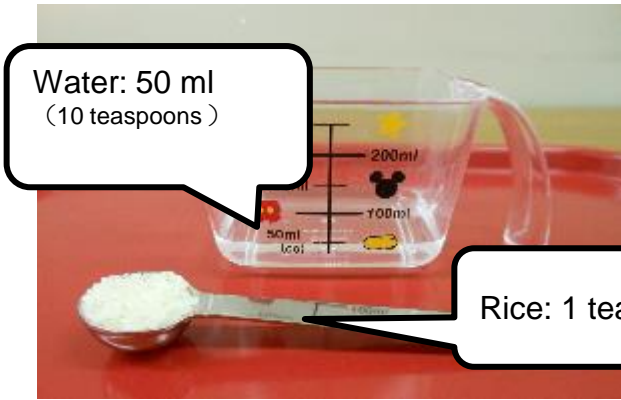


# ◆How to cook porridge (potage)

With a rice cooker, you can make porridge and rice all at once!



① Measure rice and water



② Put rice and water into heat-resistant container (e.g. teacup)



③ Place the container at the center of rice cooker jar



④ Porridge is ready!! (inside the container)



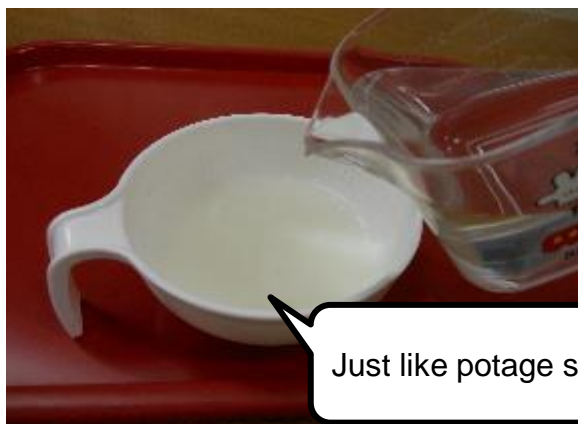
⑤ Put porridge into a mortar



⑥ Mash it with a pestle until grains cannot be seen



⑦ Pour in some hot water



⑧ Mash thoroughly until there are no grains, and it's done!!



## ◆ How to cook carrots (potage style)

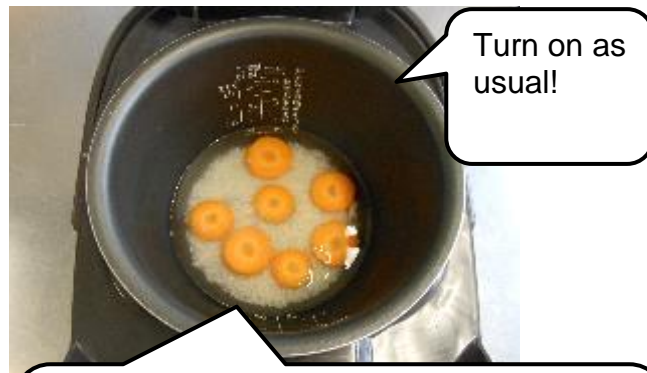
Carrots can also be boiled in the rice cooker while making your rice.



- ① Peel a carrot and cut it in round slices



- ② Put carrot slices in the rice cooker

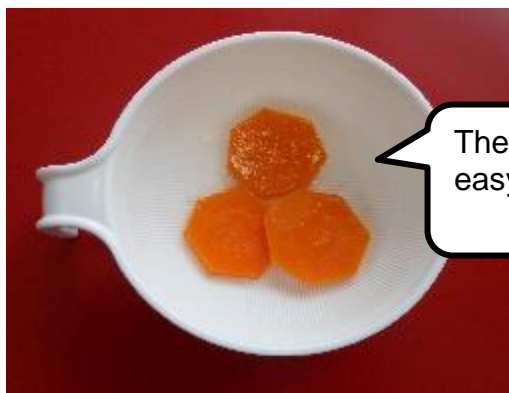


- ③ Boiled carrot is ready!!



If you want to keep them separate from the rice, you can wrap the carrot slices in aluminum or parchment paper.

- ④ Put carrots into a mortar



- ⑤ Mash thoroughly until there are no grains



- ⑥ Pour in some hot water



- ⑦ Mash it until there are no grains completely, and it's done!!



©Whenever you want your baby to try any new foods, start with one teaspoon

## ◆ How to preserve food in freezer

It's convenient to cook in bulk, and freeze in small separate portions

- ① Put foods in ice cube tray and freeze



- ② After they are frozen, take them out from the tray and put them in a freezer bag



## ☆ If you don't have an ice cube tray...

- ① Put foods in a freezer bag, flatten, and remove air



- ② Divide into each portion with long chopsticks and freeze



- ③ When frozen, divide each portion for one use



© Use all portions within 1 week after freezing

© Make sure to reheat (using microwave is OK) before feeding to your baby