

# Let's **Grow**

## ISSUE 3

# 4-6 MONTHS

## NUTRITION

Breastmilk is still the primary source of nutrition for babies at this point. If you have any questions about feeding your baby Contact a Registered Dietitian free of charge, at 1-866-797-0000.

At around 6 months of age, your baby will be ready to start solid foods when:

- they can hold their head up steadily,
- sit up on their own and lean forward,
- open their mouth wide when offered food.

Your baby needs the iron found in foods such as pureed or minced meats, fish, legumes, eggs, tofu, and iron-fortified infant cereals. Continue to offer iron rich foods as you add new food textures and food types, while continuing to breastfeed for up to two years and beyond.

*Feeding Your Baby* discusses how to introduce solid foods, what foods to feed, allergies, and even has a sample menu at the end.

[Learn to make your own baby food with this video.](#)

Did you know? You can set up [email alerts for food recalls.](#)





## MENTAL & SOCIAL WELLBEING

There are family resource centers located throughout Grey Bruce. They have wonderful programs and playgroups. Connect with a Bruce County or Grey County Early On Centre near you.

- [Bruce County](#)
- [Grey County](#)

[The Women's Centre](#) (1-800-265-3722) and the [Women's House of Bruce County](#) (1-800-265-3026) are available to women who are in crisis, need safe shelter, or are seeking supportive counselling and advocacy.

## PLAY

As a parent, you are your baby's first playmate and teacher. Learn about [toys and play](#) for your baby at this stage.



## WE WANT YOUR FEEDBACK

Please give us your feedback in this very brief survey: <https://www.research.net/r/letsgrownewsletter>

To contact us or unsubscribe, please email: [publichealth@publichealthgreybruce.on.ca](mailto:publichealth@publichealthgreybruce.on.ca)

