



# top 10 ways to help babies blossom

1. Hold them while feeding.
2. Breastfeed or use iron-fortified formula for 1 year.
3. Wait 6 months before feeding solid foods.
4. Space new foods 3 days apart to check for allergies.
5. Introduce the cup after 5 months of age.
6. Take care of yourself to take better care of them.
7. Read them to sleep.
8. Don't put pureed food in a bottle – they might choke.
9. Stay current with shots – check with your doctor.
10. Cuddle with them – make lasting memories together.



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**GOOD FOOD *and*  
A WHOLE LOT MORE!**