

- If soup is given, be certain all ingredients are familiar to child's diet.
- Avoid commercial meat and vegetable combinations because their protein content is low.

Eggs and Cheese—Start at 12 Months Old

- Serve egg yolk hard boiled and mashed, soft cooked, or poached.
- Introduce egg white in small quantities (1 tsp.) toward the end of the first year to detect an allergy.
- Use cheese as a substitute for meat and as finger food.

*Breastfeeding or commercial formula feeding for up to 12 months old is recommended. After 1 year, whole cow's milk can be given.

Weaning

Defined as the process of giving up one method of feeding for another, **weaning** usually refers to relinquishing the breast or bottle for a cup. In Western societies, this is generally regarded as a major task for infants and is often seen as a potentially traumatic experience. It is psychologically significant because infants are required to give up a major source of oral pleasure and gratification.

Other cultural groups define weaning in relation to significant life events (e.g., teething) or reaching a specific age. No one time for weaning is best for every child, but generally, most infants show signs of readiness during the second half of the first year. It is recommended that weaning occur with the infant's needs as a guide (Lawrence and Lawrence, 2011). Their increasing desire for freedom of movement may lessen their desire to be held close for feedings. They are acquiring more control over their actions and can easily manipulate a cup to their lips (even if it is held upside down!). Imitation becomes a powerful motivator by 8 or 9 months old, and they enjoy using a cup or glass like others do.

Weaning should be gradual by replacing one bottle or