

Parents' cereal guide

Starting with your baby's first spoonfuls, use this guide over the next couple of months to help you and your baby transition to solid foods. To get started, wash your hands and get your baby's spoon, bowl, and cereal. Don't forget the camera!

Mix it up



Start by mixing 1 tablespoon of a single-grain cereal, such as GERBER® Rice Cereal, with 4 to 5 tablespoons of breastmilk or formula. Your baby's first bite of "solids" should look more like thin milk.

Start with a spoon



Dip the spoon tip into the cereal and place it to your baby's mouth. He may make a funny face, but if your baby seems against the idea, don't force the issue.

The first few bites



At first your baby may just eat a teaspoon or two at a time. That's okay.

Slowly work up to a few tablespoons



Once your baby tolerates single-grain cereals, he may be ready for mixed grain cereals, such as GERBER® Mixed Grain Cereal, prepared with a slightly thicker texture.

Thicken cereal texture over time



After your baby has eaten and tolerated mixed grain cereals, you can try GERBER® Oatmeal & Banana Cereal, which can be prepared to have a spoon-hugging texture.

Cereal mixers



When mixing cereal, be sure to use breastmilk or formula. This helps ensure that your baby gets the nutrition he needs.