

Your Growing Baby

Brought to you by the My Family Beginnings™ by Enfamil A+® program

**At 6 months,
a lot has changed.**

What about your
baby's formula?

**Why is DHA
important now?**

**4 important
nutrients for your
baby's next stage
of development**



For more information, visit enfamil.ca

At 6 months, a lot has changed. What about her formula?



Enfamil A+ 2 Nipple-Ready to Feed Bottles [†]

Nourish her growing brain and body with the next stage of Enfamil® nutrition—Enfamil A+® 2.

New energy, new ability and a newly emerging personality. It's a whole new world at 6 months. And nutrition continues to help support your increasingly active baby.

Enfamil A+ 2 has age-appropriate levels of calcium, iron and protein. Plus DHA—a key building block of the brain. So when your baby is ready for the next stage of development, you can give her nutrition that helps nourish it.



Nourishing milestones at every stage.™

enfamil.ca/nextstep

* MJN calculation using Nielsen MarketTrack, DHQ segment; Total Infant Formula Market.
† Nipples sold separately.
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Your Growing Baby

Brought to you by the My Family Beginnings™ by Enfamil A+® program

New energy, new ability and a newly emerging personality. It's a whole new world by six months. How can you nourish this transformation? By helping to meet your growing baby's nutritional requirements and stimulating his development with stage-appropriate activities.

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DHA is a brain-nourishing nutrient.

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Embarking on a exciting journey as your baby explores solid foods.



Check out enfamil.ca

Answers to your feeding questions, sample menus for starting solids, informative interactive tools and promotional offerings.

Find the right Enfamil formula for your baby at enfamil.ca/whyformula

At 6 months, a lot has changed

What about her formula?

For a variety of reasons, many Moms feed their growing babies formula. If you're one of those Moms, here's why you may consider switching to a next stage formula like Enfamil A+® 2.

Q&A: My baby is 6 months old. What are the benefits of Enfamil A+ 2?
Enfamil A+ 2 has more calcium and protein than Enfamil A+®, and age-appropriate levels of iron to support your growing baby. And like Enfamil A+ it contains DHA, a type of Omega-3 fat and a brain-building nutrient. It also contains GOS (galactooligosaccharides) and polydextrose, two dietary fibres.

Q&A: How do I switch from Enfamil A+ to Enfamil A+ 2?
Switching your baby to Enfamil A+ 2 is easier than you might think. You don't have to introduce it gradually by

either alternating or combining it with Enfamil A+—you can switch over to Enfamil A+ 2 right away.
Make sure you give your baby enough time to try Enfamil A+ 2, usually 3 to 5 days. Some babies will adjust right away. Others may have slight changes in stool pattern, gas, and/or spitting up until they become accustomed to the new formula. If you have questions or concerns, check with your baby's doctor.

Q&A: How much formula should my baby drink?
Your baby's appetite is always the best guide, but here are some averages for feeding your baby formula.

Age	Bottles per day	Approximate amount of formula per day
6–7 months	4–5	16–35 ounces (470–1030 mL)
8 months	4–5	17–37 ounces (500–1090 mL)
9–10 months	3–4	10–31 ounces (300–920 mL)
11 months	3–4	11–33 ounces (330–980 mL)
12 months	2–3	16–21 ounces (470–620 mL)



Nourish your baby's development at every stage

You can trust Enfamil® staged nutrition with DHA and other nutrients to help DHA (a type of Omega-3 fat) is a key building block of your growing baby's brain.

A great place to start



Enfamil A+ Premium

A next step for your growing baby at 6 months



Enfamil A+ 2
With more calcium, protein and age-appropriate levels of iron to nourish her growing brain and body.

Every day toddler nutritional drink



Enfagrow A+
For toddlers 1-5 years.
Nutritional supplement not intended for infants under 12 months.

4 important nutrients for your baby's next stage of development

As your baby grows, her nutritional needs change. Here are some guidelines for important nutrients as she grows.



1. Calcium

Why does my baby need it?

- Helps build strong, healthy bones and teeth
- Aids in blood clotting
- Helps nerves and muscles function

Where can she get it?

- Breast milk, infant formula, cheese, yogurt and whole cow's milk*

* The Canadian Paediatric Society recommends not introducing whole cow's milk (3.25%) until at least 9–12 months.



2. Protein

Why does my baby need it?

- Essential for keeping the body functioning well
- Helps build hormones and enzymes
- Part of every cell in the body
- Needed to build and repair muscle, tissue, skin, nails and hair

Where can she get it?

- Breast milk, infant formula, meat, poultry, fish, eggs, tofu and legumes



3. Iron

Why does my baby need it?

- Helps her brain develop
- Makes red blood cells
- Carries oxygen to all parts of his body
- Helps cells work in her body

Where can she get it?

- Breast milk, infant formula, meat, fish, poultry, eggs, iron-fortified infant cereals, enriched grain products, tofu and legumes

Iron from animal sources is absorbed more efficiently than iron from plant sources. To increase the iron absorbed from plant foods, serve them with foods rich in vitamin C.

Whole cow's milk (3.25%) is low in iron, and the Canadian Paediatric Society recommends not introducing it until at least 9–12 months.

TIP

Offer iron-rich foods 2–3 times per day starting at 6 months and at each meal at 12–24 months*.

*Nutrition for Healthy Term Infants: Recommendations from 6 to 24 months. A joint statement of Health Canada, Canadian Paediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada.



4. DHA

(a type of Omega-3 fat)

Why it is it important?
Your baby's brain more than doubles in size the first year of life. That's why now is an important time for brain-building DHA, which helps support brain development.

Where can she get it?
DHA is found in relatively few foods. When your baby starts solids, she can get DHA by eating DHA-rich fatty fish such as Atlantic salmon. But fish may not be popular with many children and it will be some time before your baby gets significant nutrition from solids.

If you're breastfeeding, your baby will be getting DHA through your breast milk, but the amount depends on how much food with DHA you're eating. Health Canada recommends that women of childbearing age eat at least 150 g of cooked fish per week.

If you're formula feeding, consider switching to a next stage formula such as Enfamil A+ 2, which has the same expert recommended* DHA level as Enfamil A+, plus age-appropriate levels of iron, calcium and protein to support your growing baby as she starts solid foods.

* Koletzko B et al. J Perinat. Med. 2008;36:5–14



Popular with older babies—but zero DHA

Many older babies love cereal puffs and green snap beans. But none of these foods contain brain-nourishing DHA.



Your baby's brain will never grow as fast as it does in the first 3 years.

Nutrition lays the groundwork for brain development by helping to:

- Support brain growth
- Maintain brain function
- Build and strengthen connections

Glucose	Main source of energy for the brain
Protein	Building block of the brain
Iron	Important for normal cognitive development
Brain-nourishing DHA (a type of Omega-3 fat)	Key building block of a baby's developing brain



"If a woman is not breast-feeding her baby exclusively, she should choose an infant formula that contains DHA."

Dr. Peter Neiman, Alberta pediatrician

Why is DHA important now?

What is DHA?

DHA is a type of Omega-3 fat that helps nourish your baby's brain.

Why is it important right now?

By age three, your baby's brain growth will be 85% complete. A baby's brain contains Omega-3 fat and most of that fat is DHA, a brain-nourishing nutrient. His brain will never grow this fast again—that's why DHA is important for your child early in life.

How can your growing child get DHA?

If your baby is starting solid foods, he can get DHA by eating DHA-rich foods such as fatty fish like salmon and Atlantic mackerel. Babies do not typically eat these foods, especially when they first start eating solids, so it's not always easy for your baby to get the DHA that helps nourish his brain. You still need to ensure he is getting DHA through your breast milk or DHA-enriched infant formula.

If you're using formula, consider DHA-enriched nutrition.

DHA is a key building block of your baby's rapidly developing brain—and DHA-enriched infant formulas are an easy way to give your baby DHA. In fact, 9 out of 10 doctors who would feed infant formula to their own children would use a DHA-enriched formula.

Enfamil A+® is the #1 pediatrician-recommended formula. Enfamil A+® Premium has a combination of an expert-recommended level of brain-building DHA* and our exclusive BIOPRO™† blend including 2'FL for immune support†.

For more information visit whydha.ca

*DHA supports normal physical brain development
†BIOPRO™ blend of polydextrose, GOS and 2'-FL

Let's fuel the wonder.™



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Nutrition and your growing baby's developmental milestones

Here's what to expect from 6 to 12 months. But remember, babies achieve milestones at their own pace. If you have questions about your baby's progress, talk to your doctor.

Early childhood nutrition can have an impact on cognitive performance, determining the future learning, working and thinking performance of your child. Help her to reach her full potential with a diet based on high-quality nutrition.

Look for these milestones

	Cognitive	Motor	Communication	Social
6 months	<ul style="list-style-type: none">Is more interested in studying objects visually.Has increased attention span.	<ul style="list-style-type: none">Rolls over in both directions.May sit with or without support.	<ul style="list-style-type: none">Listens closely when hearing her own name.Babbles strings of vowel and consonant sounds to imitate adult speech.	<ul style="list-style-type: none">Mimics simple behaviours.Uses voice and facial expressions to convey emotions.
7–8 months	<ul style="list-style-type: none">Looks for you if you are out of sight.May look for dropped objects.	<ul style="list-style-type: none">Passes an object from one hand to the other.May be crawling, sitting up longer or even standing up.	<ul style="list-style-type: none">Starts to vocalize more.Can understand when some words begin and end.	<ul style="list-style-type: none">Begins to discern emotions from tone of voice (soothing, angry).Reacts with delight to peek-a-boo games.
9–10 months	<ul style="list-style-type: none">Solves simple problems such as finding a hidden toy under a blanket.Clearly demonstrates what he wants and doesn't want.	<ul style="list-style-type: none">May stand unassisted.Has good accuracy when picking up small objects with fingers (pincer grasp).	<ul style="list-style-type: none">Understands words such as 'no'.Connects words with their meaning.	<ul style="list-style-type: none">Watches for your reactions (to banging or laughing).May develop an attachment to Mom or Dad.
11–12 months	<ul style="list-style-type: none">Looks and listens simultaneously.Understands that objects have names.	<ul style="list-style-type: none">May be cruising and trying to walk.May be able to sit down from standing.	<ul style="list-style-type: none">Responds to simple questions and one-step commands.May say early words ("no", "baba" for bottle).	<ul style="list-style-type: none">Shows increased affection with family.Waves good-bye.

Stimulating developmental milestones

As your baby nears toddlerhood, playtime is more important than ever. His brain is growing fast, and that drives his pursuit of **cognitive**, **motor**, **communication** and **social** milestones. Here are a few activities you can do together that are fun and will help your 'almost' toddler down the road of development.

6 months

Encourage **communication** milestones by responding to your baby's exclamations as if he is using clearly spoken language and try to engage him in a back-and-forth "conversation."

7–8 months

Take turns hiding: Cover your head with a small blanket and let your baby pull it off to reveal you. Next, put it loosely over his head and pull it off. He'll quickly catch on that the game works both ways.

Promote hand-eye coordination by putting some toys in a net bag, and show your baby how to take things out and put them back.

9–10 months

Babies of this age love to hear music, especially songs. Introduce different genres of music to your child.

Stimulate his **cognitive** and **communication** development through pretend play, like having a tea party or building a sand castle. Provide common household items for your baby to play with such as boxes, pans, spoons and keys.

11–12 months

Get in the habit of waving good-bye. As your child develops **socially**, he will be able to imitate this simple gesture during the period when he's having difficulty with your leaving.

To flex those motor skills, arrange the furniture so that your baby can easily—and safely—move around by holding onto various chairs and tables.



What to know about starting solids

As he starts solids, you need to ensure your baby is getting all the nutrients he needs.

Did you know that solids are “extras”?

As your baby transitions to solid foods, he'll still get most of his nutrients from breast milk or formula. Think of solids not only as extra nutrition, but also as an opportunity for him to experience new textures and flavours, while practicing the oral motor skills necessary for spoon-feeding.

If you're formula feeding, consider switching at six months to a next stage formula, such as Enfamil A+® 2, that is designed to help nourish his growing brain and body. Enfamil A+ 2 has a nutritional blend that helps support strong bodies and bones in growing babies, age-appropriate levels of calcium and iron, and DHA, a type of Omega-3 fat that is a building block of the brain.

Is he ready?

The Canadian Paediatric Society recommends starting solids when your baby is around 6 months old. Here are developmental cues: Can your baby hold his head up? Does he watch you eat or eye your food as it moves from your spoon to your mouth? If you answer yes, then he might be ready to try solids.

How often should I introduce new foods?

The Canadian Paediatric Society recommends waiting a few days before introducing each new food so that if your baby has an adverse reaction (such as an upset tummy, vomiting, diarrhea or a rash), you can more easily pinpoint the culprit. An easy way to track is to keep a food diary, updated every time you add a new food. You can also use the diary to note what your baby likes and dislikes.

Concerned about choking hazards?

Your baby's first “solids” will be nearly liquid, but as the weeks and months pass, you'll start to offer him more chunky meals. To keep him from choking, avoid nuts, raw carrots, string cheese, popcorn, marshmallows, hard, sticky, or round candy, raisins and other small dried fruit, hot dogs and grapes (unless they're seedless and cut into quarters). Also, always keep a watchful eye on your baby during meals, and don't let him eat in a moving car.

Growing Up, Staging Up

How do nutrients in Enfamil A+ 2 help support strong bodies and bones in babies 6 months and older?

Learn more at [enfamil.ca/nextstep](https://www.enfamil.ca/nextstep)

A time of discovery for both of you

New milestones, new discoveries and new adventures. At 6 months and beyond, your baby will amaze you every day, at every turn. Get out and explore with Enfamil A+ 2's Ready to Feed formula.

Now in Nipple-Ready bottles. No mixing. No measuring. Just add nipple.*

Enfamil A+®
A great place to start

Enfamil A+ 2
Canada's only Stage 2
Ready to Feed formula
237 mL



* Nipples sold separately
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Nourishing milestones at every stage.™

He's growing so fast.

Support your baby's growth and changing nutritional needs with age-appropriate vitamins.



Starting solid foods:
Enfamil® Tri-Vi-Sol®^{1,2}
Contains vitamin D (400 IU)
PLUS vitamins A, C

Toddler: Enfamil® Poly-Vi-Sol®^{1,2}
Contains vitamin D (400 IU) PLUS
vitamins A, C, Thiamine (B1),
Riboflavin (B2), Niacinamide (B3)

* Ask your baby's doctor if Tri-Vi-Sol or Poly-Vi-Sol is right for him.

¹ First Nations, Inuit and Metis Health Committee and The Canadian Pediatric Society. *Vitamin D Supplementation: Recommendations for Canadian Mothers and Infants*. *Pediat Child Health* 2007 (reaffirmed Oct 2010); 12(7):583-9.

² Institute of Medicine. *Dietary Reference Intakes for calcium and vitamin D*. November 2010.

Your baby's 6 to 12 month feeding milestones



You and your baby are about to embark on an exciting journey as she explores solid foods—a whole new world of tastes, textures and colours. The Q&As in this section offer information and tips to help you and baby navigate the journey.

At 6 months

Feeding Milestones at 6 Months

Your baby's newfound ability to sit up (thanks to improved neck and shoulder strength) makes it possible for her to start solids. She can also raise her head and hold it steady for several minutes at a time and even sit in a high chair.

Q: When my baby starts eating solids, should I give her less breast milk or formula?

No. Her servings of solids aren't large enough to replace her regular liquid feedings. At this stage, solids are “extras”. They provide supplemental nutrition like iron and are more important for helping your baby master the oral motor skills she needs to chew and swallow. While she's transitioning to solid foods, breast milk and/or formula will remain your baby's primary source of nutrition. Of course, as the months pass and meals get larger, breastfed babies may drink less. And formula fed babies may not always finish their bottles.

Q: When she's ready for solids, where should I start?

At 6 months, you can start introducing iron rich foods such as finely minced meats or fish, well-cooked, mashed legumes such as beans or mashed, cooked eggs. Most parents begin with single-grain, iron-fortified baby cereal because it's easy. If it comes back out your baby's mouth, or she only eats a bite or two, don't worry. Give her time to get the hang of it. Later, you can progress to a varied diet including vegetables and fruits, grain products and protein sources.

Q: When can my baby start drinking juice?

If your toddler seems thirsty, water should be the beverage of choice. Limit fruit juice and other sweetened beverages and do not provide before 6 months of age. Young toddlers have small stomachs and large quantities of these beverages may replace breast milk, infant formula and nutritious foods. If you wish to offer juice, choose 100% fruit juice, not a sweetened fruit drink.

Make it part of a meal or snack, no more than once or twice per day and don't give her more than 125–175 mL (4–5 ounces) per day.

At 7 to 8 months

Feeding Milestones at 7 to 8 Months

Sometime between the ages of 7 and 10 months, your baby will develop the pincer grasp, which is the ability to pick up small items between his thumb and forefinger. This is big news: being able to pick up food puts him on the road to independent self-feeding.

Q: How should I increase the variety of his diet?

Mix up the flavours and textures. If he loves oatmeal mixed with peaches, that's great—but broaden his horizons by offering him mild-flavoured pureed squash and stronger-flavoured mashed peas. Or let him sink his fingers into a small bowl of mashed potatoes. If he turns up his nose when you offer him something new, keep trying; often it takes several exposures to a new food before a baby will take it. The more variety you introduce now, the more likely he'll grow up to be an adventurous eater.

Q: My 8 month old is eating like a champ. Is he ready for cow's milk?

Not yet. Wait until he's 9 to 12 months old, and then introduce him to whole cow's milk. Milk does not provide all the nutrition young babies need. It's low in iron, vitamin C and vitamin E. Formula, on the other hand, does contain nutrients for normal growth and development. For these reasons, breast milk or formula should continue to be the main source of nutrition for your baby until he's at least 9 months old. If you're using formula, consider switching now to a next stage formula such as Enfamil A+ 2, which has DHA, a type of Omega-3 fat and a brain-nourishing nutrient, plus age-appropriate levels of iron, calcium and protein.



Watch this video to learn more about making the transition to solids: [enfamil.ca/startingsolids](https://www.enfamil.ca/startingsolids)

Time to switch to a next stage formula?

If you're formula feeding, think about switching now to a next stage formula like Enfamil A+® 2. Why? Because Enfamil A+ 2 is designed to help nourish your baby's growing brain and body. It has age-appropriate levels of iron and calcium and contains DHA, a type of Omega-3 fat and a brain-nourishing nutrient.

Baby bites:

What to serve now

- Iron-fortified rice, barley, oat, or mixed-grain cereal
- Well pureed meat or jarred meat
- Well cooked legumes
- Pureed squash, sweet potato, peas, and well cooked carrots
- Unsweetened applesauce
- Pureed peaches, plums, or pears
- Mashed ripe banana
- Mashed ripe avocado



Baby bites:

What to serve now

- Soft cooked pasta (elbows and spirals are easiest to pick up)
- Mashed veggies or fruit (banana, peach, pear, mango, and melon)
- Small bits of toast
- Teething biscuits
- Mashed potatoes or bits of soft cooked sweet potato
- Toasted oat cereal

At 9 to 12 months

Feeding Milestones at 9 to 12 Months
Your baby may begin to use a sippy cup, finger feed and try to use a spoon. His grasp will be stronger as well.

Q: If he's eating 3 meals of solids a day, should he still be nursing or drinking formula?
Yes. He may be eating more kinds of foods now, in larger quantities, but babies have tiny tummies and he still needs nutrition from breast milk or formula. If he's drinking formula, by now it could be a next stage formula, like Enfamil A+® 2, designed to meet his changing nutritional needs.

Q: What kinds of foods should he be eating now?
Offer him cottage cheese and yogurt and soft combination foods like casseroles and macaroni and cheese. He'll probably enjoy the increased variety in flavour and texture. If you're using jarred food, move

on to chunkier, less pureed varieties. Give him lots of practice chewing—or gumming—his food. He can eat just about anything you can, though some foods may need to go through a blender or food processor. Expect a mess—it's an inevitable part of learning to eat on his own.

Q: If I delay introducing certain foods, like fish and shellfish, will he be less likely to develop allergies?
Experts such as the Canadian Paediatric Society recommend that you not delay introducing potentially allergic foods, such as peanuts, fish or eggs, to your baby because doing so will not lower his risk of developing food allergies.

Learn more about making the transition to solids:
[enfamil.ca/infantnutrition](https://www.enfamil.ca/infantnutrition)

Baby bites:

What to serve now



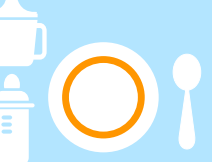

- Bite size pieces of pancakes or soft French toast
- Bite size pieces of grilled cheese
- Hard cooked egg
- Yogurt
- Bits of meatloaf
- Soft cooked chopped vegetables and soft fruits
- Pasta and rice



To see sample menus visit
[enfamil.ca/menus](https://www.enfamil.ca/menus)

Did you know that even if you have a family history of allergy there is no need to delay the introduction of any specific solid foods?
For more information, visit the Allergy Centre at [enfamil.ca/foodallergy](https://www.enfamil.ca/foodallergy)

When and how should I introduce solid food to my baby?

	6 months	7–8 months	9–12 months	12–18 months
Signs of Readiness	 Shows interest in food Sits up in a high chair Opens mouth wide when offered food on spoon	 Shows interest in food Enjoys holding food Begins chewing in a circular motion	 Begins to use a sippy cup Tries to use a spoon Improved grasp and finger-feeding	 Begins to use a spoon and fork Feeds at regular times Drinks from an open cup with assistance
Foods	<ul style="list-style-type: none">• Breast milk• Infant formula, cow's milk based	<ul style="list-style-type: none">• Breast milk• Infant formula, cow's milk based	<ul style="list-style-type: none">• Breast milk• Infant formula, cow's milk based• 3.25% cow's milk*	<ul style="list-style-type: none">• Breast milk• Infant formula, cow's milk based• 3.25% cow's milk*• Toddler drink
Consistency	Pureed Semi solid Mashed	Crunchy but easy to dissolve Ground or soft Mashed with tiny soft lumps Finely chopped	Bite-sized pieces Increased texture Coarsely chopped Finger foods	Transitions to the family diet Variety of textures Bite-sized pieces Finger foods
Quantity	Liquid intake: 500–1030 mL/day (4–5 servings) Solid food intake: 30–60 mL (2–4 tbsp) per serving 2–3 times a day	Liquid intake: 470–1090 mL/day (4–5 servings) Solid food intake: 30–60 mL (2–4 tbsp) per serving Start with 2–3 times per day and increase to 3–4 times per day based on your baby's appetite	Liquid intake: 300–980 mL/day (3–4 servings) Solid food intake: 3 meals & 2 snacks	Liquid intake: 500–750 mL/day (2–3 servings) Solid food intake: 3 meals & 2 snacks Increase portion sizes as needed based on your baby's appetite

Remember: The amount and type of food your baby or toddler eats will vary. Your baby or toddler will refuse the bottle when they are no longer hungry. This is only a guide.
TIP: Post this guide on your fridge for easy reference.

*Health Canada, The Canadian Paediatric Society, The Dietitians of Canada and the Breastfeeding Committee For Canada recommends not introducing pasteurized whole cow's milk (3.25% fat) until at least 9-12 months of age.





Moments to share

Post your baby photos and stories

You love to capture baby's precious moments. Now there's a place to upload your photos and stories to share with other parents—and to enjoy what they've posted.

enfamil.ca/share



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