


Plan for Feeding My Baby

| What I'd like to do... | Problems I might have... | Ways to handle the problem(s). | How was the problem solved? |
|--|--------------------------|--------------------------------|---|
| I want to use: (Circle one) Breast milk Formula  Both | | | |
| The first solid food I'd like to give my baby:  | | | |
| When I'd like to give my baby his/her first solid food:  | | | |
| The next few solid foods I'd like my baby to have: | | | |
| What I'd like the place I'm feeding my baby to look like: | | |  |