

# How To Support Your Baby's Developing DIGESTIVE SYSTEM



Exclusive breastfeeding for the first six months and continuing breastfeeding with solid food, preferably for up to two years.



Gradually introduce solid foods in an age-appropriate manner.

Introduce easy-to-digest foods first.



Try foods one at a time.

Ensure you allow enough time (three to five days) to identify possible allergic reactions.



Allow babies to try a variety of foods.

Adjust the quantity of solid food to account for breast milk or formula consumption.



Maintain proper hygiene when preparing baby food.

Mom Junction

Source: [https://www.momjunction.com/articles/when-do-babies-digestive-systems-mature\\_00602132/](https://www.momjunction.com/articles/when-do-babies-digestive-systems-mature_00602132/)