Introducing water to a baby

Use these steps once a baby is around 6 months old and eating solids.

- [ ] Keep breast milk or formula as the only drink before 6 months.
- [ ] Offer a few sips of water in an open cup at around 6 months.
- [ ] Offer water with meals and keep milk as the main drink.
- [ ] Choose an open cup or free-flow lid without a valve.
- [ ] Skip juice in the first year, or ask a pediatrician first.
- [ ] Serve any diluted juice at mealtimes and not between them.
- [ ] Check wet diapers each day for good hydration.
- [ ] Call the pediatrician for refusing fluids or fewer wet diapers.

Notes

For general education only. Not a substitute for professional medical advice.
Read the full article: https://healthhorizonguide.com/parenting/when-can-babies-have-water-and-juice/