

- ✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

# Feeding Your Baby from 8 to 12 Months

Good nutrition is important for your child's health. This guide will help you choose the foods your child needs to grow up healthy.

## Weaning your baby from the bottle

- » As your baby begins to eat more solid foods and drink from a cup, he can be weaned from the bottle.
- » Begin to wean your baby from the bottle at 9 or 10 months.

## Tips for feeding your baby

- » Offer your baby plain meats instead of mixed meat dinners.
- » Grind or chop the food you give your baby into very small pieces. You can also give small pieces of soft foods.
- » When your baby starts eating new foods give your baby only one new food at a time. Offer the new food at least 2-3 times during a week and watch for signs of a food allergy.
- » Wash your baby's hands before eating now that he is crawling and touching many things.
- » Feed your baby during your scheduled meals to set a family mealtime routine. Eating with your baby will make him more likely to try new foods.
- » Don't force or bribe your baby to eat. Your baby is more likely to eat if he or she is not force fed.
- » Be patient. Refusing new foods, spilling, and making a mess are normal when your baby is learning to eat.





## What your baby may be doing now

- » Guiding caregiver's hand during feeding
- » Using own hands to feed self and hold a bottle or cup
- » Wanting to handle a spoon

## New foods you can feed your baby

You can now start feeding your baby meats, rice, and noodles. As you give your baby more solid foods, remember that he or she still needs breastmilk and iron-fortified formula every day.

Try offering the following new foods:

- » Chicken or turkey
- » Beef
- » Cooked dry beans
- » Cooked egg yolk
- » Rice
- » Noodles
- » Toast and crackers
- » Dry cereal



## Foods to avoid

Your baby is still too young for many solid foods because certain foods may cause your baby to choke or have an allergic reaction.

At this age, babies **should not** be given the following foods:

- » Dairy products such as milk, yogurt, and cheese
- » Sweets, such as candy, cake, or cookies
- » Tree nuts, such as walnuts and pecans
- » Raw vegetables
- » Grapes
- » Honey
- » Egg whites
- » Peanuts
- » Peanut Butter
- » Meat
- » Fish / Shellfish
- » Popcorn
- » Hot dogs
- » Seeds

## Feeding a teething baby

If your baby is teething, offer him or her the following finger foods to soothe the pain:

- » Toast
- » Dry cereal
- » Frozen bagel
- » Teething biscuit
- » Crackers
- » Frozen whole peeled banana

