

Feeding your BABY

6 TO 12 MONTHS

Your baby still needs breastmilk or formula to meet her nutrition needs. Continue to feed your baby breastmilk, formula or a combination of both through the first year. Around 6 months your baby may be ready to start eating solid foods. As your baby eats more solid food, he will drink less breastmilk or formula.

WIC is here to provide help and support so you know how to best feed your baby.


WIC
...Making Life Better

Keeping Your Baby Safe and Healthy

- Wash your hands and your baby's hands before and after feeding.
- Offer one new food at a time and wait 2-7 days before adding another new food.
- Feed from a bowl, not from the infant food jar or container. Throw out any food left in the bowl when your baby is done.
- Refrigerate opened food jars or containers. Throw out if not used in two days.
- Some foods, such as egg whites and shellfish, may cause allergic reactions. Discuss your family allergy history and when to start these foods with your baby's doctor.
- Call your baby's doctor if you suspect allergic reactions.
- Wipe your baby's gums with a soft cloth twice a day. When your baby's teeth start to come in, carefully brush them with a small, soft toothbrush.

Feeding Tips

- Babies need time and practice to learn to eat. It will get messy. Be patient and eat with your baby. She loves to watch and listen at mealtimes.
- Keep foods plain. Your baby does not need added sugar, salt, spices or butter.
- Offer a variety of foods to your baby. Sometimes new foods take time. Give just a taste at first and be patient. Your baby may need to try a new food many times before he learns to like it.
- Use a spoon to feed your baby. Let him hold a spoon too. He may try to feed himself.
- Do not put infant food in a bottle. Bottles are for breastmilk or formula only.

What NOT To Feed Your Baby during the First Year of Life

Cow's milk, honey, nuts, seeds, popcorn, chips, whole grapes, dried fruit like raisins, raw vegetables, hot dogs, peanut butter or candy

A Message from Your Baby about Starting Solid Foods

In the months ahead I will go from sitting on my own to crawling and learning to walk. As I grow, I like to explore foods with different tastes and textures. This helps me learn to like many foods. To start, I will eat only small amounts of food. Be sure I can chew and swallow smooth and mashed foods before moving on to chunkier, chopped or firmer foods. I will progress at my own pace.

If your baby was premature, talk to WIC about the best time to start solids.



SITTING WITH HELP 6 TO 8 MONTHS

I'm ready to start solids when I:

- Can sit with help
- Have good head control
- Grasp and hold onto things
- Put my fingers or toys in my mouth
- Show interest when others eat
- Open my mouth for food
- Close my lips around a spoon and swallow food
- Begin to chew

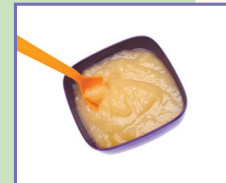
Foods to Try First:

- Single-grain infant cereal like rice, barley, oatmeal or corn
- Smooth, strained or pureed cooked vegetables, like peas
- Pureed fruit like unsweetened applesauce
- Well-pureed infant meat

Start offering your baby sips of water from a small open cup or spoon. Your baby does not need juice. Juice can leave your baby too full for healthier foods and can cause tooth decay. If you do decide to serve juice, give no more than 2 ounces a day.

Later Try (7 to 8 months):

- Mashed soft-cooked vegetables, like sweet potatoes
- Mashed soft-cooked beans, like navy or northern
- Mixed grain, multigrain or whole wheat infant cereal
- Mashed soft-cooked noodles or rice
- Mashed soft-cooked tofu or meatloaf
- Mashed soft fruits, like bananas





CRAWLING 8 TO 10 MONTHS

I might be crawling by now. I'm probably ready for a wider variety of foods. Feed me breakfast, lunch and dinner with snacks in between. Always be sure I'm sitting down when you feed me and stay close in case I choke. Around 9 months I might start using my thumb and fingers to pick up small things and try to feed myself!

Foods to Try Now:

- Chopped cooked egg yolk
- Cottage cheese
- Infant fruit mixed with plain yogurt

Also Try These Finger Foods:

- Chopped soft-cooked vegetables, like carrots
- Chopped soft peeled fruits, like ripe pear
- Tiny pieces of cheese or cooked chicken, turkey or fish
- Small pieces of toasted bread squares or plain, unsalted pieces of cracker
- Small soft beans, like pinto
- Chopped soft avocado



Ask WIC for a sample daily menu for an 8 to 10 month old.

LEARNING TO WALK 10 TO 12 MONTHS

Now that I'm almost 1, I may be enjoying many different foods. I am better at using a cup, spoon and bowl. I really enjoy your company at family meals. By my first birthday I can eat almost anything if it is bite-sized and soft enough to chew. Move on to firmer textures when I'm ready. I really like feeding myself and being messy when I eat. This is okay. It helps me explore and learn.



Foods to Try Now:

- Small pieces of soft peeled fruits, like melon
- Small pieces of cooked meat, like chicken, turkey, fish or ground beef
- Small pieces of soft-cooked vegetables, like cauliflower or peas
- Small bites of pasta or noodle dishes
- Small pieces of grilled cheese sandwich
- Finger foods like dry cereal or crackers



Also:

- I'm eating more solid foods, but infant foods are still okay. Try mixing infant meat or vegetables with rice or pasta, or stir infant fruit, like peaches, into cottage cheese or oatmeal.
- Start giving me the cup more and the bottle less. Give me breastmilk, formula or water to drink from a cup with my meals and snacks.
- I still need all the good things in breastmilk. Remember, breastmilk changes over time to provide the right balance of nutrients as I grow. Breastfeed me for at least 12 months or longer.

Ask WIC for a sample daily menu for a 10 to 12 month old.



Give breastmilk for the first year of life or longer.

Breastmilk and Formula Feeding Guidelines

These breastmilk and formula amounts are common guidelines if you are using bottles or cups. Your baby may drink more or less than the amounts listed and may drink anywhere from 2 to 8 ounces at a time.

6-8 Months	29 – 40 oz/day
8-12 Months	24 – 32 oz/day

Ask WIC About

- Using training cups
- The deluxe food package for breastfeeding moms
- Your other infant questions

Visit wichealth.org for more information.

wichealth.org

To contact WIC and other public services in your community, call 211.



USDA is an equal opportunity provider and employer.

DCH-1481
March 2014