

## 8-10 MONTHS

At 8 months your baby will probably be eating baby cereal, vegetables and fruit, as well as breastmilk or formula.

### Between 8 and 10 months is the time to gradually add these foods:

- Plain, finely ground, or small pieces of tender, cooked meats and chicken
- Egg yolks
- Wheat cereal
- Mashed, cooked beans
- Finger foods such as: dry toast pieces, crackers, or unsweetened dry cereals; cooked rice or noodles; cooked pieces of vegetables; soft pieces of fruit

*Do not add honey to your baby's food or pacifier. It can cause food poisoning.*

Keep your baby on breastmilk or formula. Do not give your baby soda pop, or other sweet drinks.



## Helpful Hints

- **Babies and children like regular routines.** Try to keep to a routine of regular meals, naps and bedtimes.
- **Talk to your baby at mealtime.** Make it a happy time together.
- **If your baby refuses a food, try it again another time.** It takes awhile for your baby to get used to new tastes.
- **Don't put baby to bed with a bottle.** Hold your baby during feeding and then put baby in the bed.

### Notes for Feeding Your Baby:

A large, empty rectangular box with a black border, intended for handwritten notes. The box is partially overlaid by a large, stylized blue outline of a baby's head and shoulders, which is also filled with a light blue color.

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