

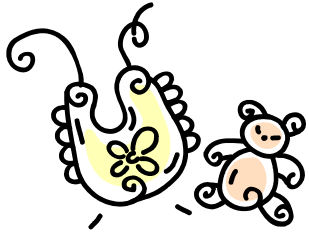
# Feeding Your Older Baby

(8 – 12 months old)



Wisconsin WIC Program  
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## Look Ahead and Find

- *What* are finger foods and *when* is your baby ready to start them.
- *What* foods can cause allergies.
- *What* foods can cause choking.
- *Why* it's important to wean your baby from the bottle at 1 year.

# Your Baby's Development with Eating

At or around 8~12 months, your baby should:



- Drink from a cup with some spilling.
- Begin to eat ground, finely chopped or small pieces of soft food – “finger foods”
- Start trying to use a spoon, but may still prefer to eat with hands.
- By 1 year of age, all of your baby's foods should usually be from the family's meal.

# Food Allergies

## Foods to avoid before the age of 1

- egg whites (yolks are okay)
- citrus fruits and juices
- berries
- chocolate
- fish/shellfish
- tomatoes
- peanut butter/peanuts/nuts
- wheat
- cow's milk
- honey (can cause a serious food poisoning that can be fatal)



# Is my baby ready for finger foods?

Your baby is ready if he or she:

- ~ is 8 to 10 months old
- ~ has a few teeth
- ~ can chew
- ~ can grasp food with hands



Finger foods should be:

- Small enough to pick up *and*
- Soft enough to chew on

# What are finger foods?

Finger foods are soft, bite-size pieces of food, such as:

soft pieces of fruit

cooked pieces of vegetables

cooked rice or noodles

dry pieces of toast



small, cut-up pieces of chicken or turkey

graham crackers

unsweetened dry cereal

sandwich pieces

pancake or waffle pieces

# Choking Prevention

Choking is a major cause of fatal injury in infants and young children

Choking can occur anywhere and anytime your baby is eating ~

Here are some precautions:

- Feed small portions and encourage your baby to eat slowly
- Avoid teething pain medicine before meals ~ this may make their mouth numb
- Keep a calm environment during eating time (avoid too much excitement or distraction)
- Avoid eating in the car since the driver cannot assist a choking infant and may be the only adult in the car
- Closely supervise meals until your child is developmentally ready (usually by 4 years of age)



# Types of Foods that Can Cause Choking

## Size

- Small hard pieces of food may get into the airway if they are swallowed before being chewed properly.
- Larger pieces may be more difficult to chew and are more likely to completely block the airway if inhaled.

## Consistency

- Foods that are firm, smooth, or slick may slip down the throat.
- Dry or hard foods may be difficult to chew and easy to swallow whole.
- Sticky or tough foods may not break apart easily and may be hard to remove from the airway.

## Shape

Food items shaped like a sphere or cylinder can block the airway more completely than other shapes.



# The Following Foods are Not Recommended for Infants

(and children that are not developmentally ready)

- raw vegetables pieces or pieces of partially cooked vegetables
- whole grapes, berries, cherries, or melon balls, or hard pieces of raw fruit
- whole hot dogs, meat sticks
- string cheese, large chunks of cheese
- whole pieces of canned fruit
- whole uncut cherry or grape tomatoes
- hard or sticky/gummy candy, gum



- popcorn
- nuts and seeds
- cookies
- pretzels and chips
- peanut butter
- dried fruit
- tough meat
- whole hard beans
- raisins and other dried fruit
- marshmallows





# WIC Baby Foods

As your baby gets older and eats more textures, here are some ways you can use the stage 2 foods that WIC will provide starting August 1, 2009

- Mix stage 2 foods in with other chopped or mashed table foods
- Use stage 2 fruits, vegetables, or meats in soups, hot dishes, and baking
- You only need to purchase what your baby will eat – you don't need to purchase it all
- WIC recommends that you make some of your baby's food to add texture and variety to your baby's diet.



# Making Your Baby's Food

- Clean your work area and equipment and always wash your hands
- Do not add salt or sugar to foods
- Prepare solid foods to the appropriate texture that your baby can easily eat  
(smooth – mashed – chopped – tiny pieces)
- Don't heat foods too hot
- Serve food right away or refrigerate or freeze for later use

# Meal Times

You choose *what* and *when* your baby eats.



Your baby chooses *if* and *how much* he or she will eat.

Babies usually eat enough for growth if we don't force them to eat.

If your baby refuses a food, try again another time. It can take awhile for your baby to get used to new tastes.

# The *Don'ts* of Bottle and Cup Use



- **Don't** let your baby take a bottle to bed.
- **Don't** put anything other than breastmilk, formula, or water in a bottle.
- **Don't** let your baby carry a bottle or cup with them all day long.
- **Don't** use spill-proof cups. They are just as bad for your baby's teeth as bottles.

# When should I wean my baby from the bottle?

Your baby should be ready to give up the bottle when they turn 1 year.



- Babies using bottles past 1 year of age are more likely to get tooth decay.
- Babies drinking from bottles may get full from the liquids and may not eat foods that are needed for growth.



# Tips for Weaning from the Bottle

- Keep bottles out of reach and out of sight
- Praise your baby/child for using a cup
- Start to only offer water from the bottle
- Offer other things to comfort your baby/child like hugs and blankets!

# When Your Baby Turns 1 year

Your baby will get whole milk on your WIC checks until your baby turns 2.



Doctors recommend whole milk for 1 year olds for growth and brain development.

When your baby turns 2, he or she will be switched to low fat milk on his or her WIC food package.

