

I'm **nine months**

feeding your 9 to 12 month old baby

develop meal and snack routines for your baby

Offer 3 meals and 2 to 3 small snacks at about the same times each day.

Offer 2 to 3 different foods at a meal, such as finely chopped or mashed chicken, noodles and peas, and breastmilk or infant formula in a cup.

A snack could be a cracker or soft fruit with breastmilk or infant formula.

Try to eat your meals and snacks at the same time as your baby eats his food. Your baby will watch and copy how you eat.

He will learn how to hold a spoon, cup, put food in his mouth, chew and swallow.

Use both baby foods and table foods. Most babies are ready to eat some of the same foods as the rest of his family around 8 to 12 months.

Offer mashed or finely chopped table foods without salt, sugar or seasonings such as:

- cooked vegetables - mashed carrots, potatoes, green beans or squash.
- soft fruits - mashed banana, peaches, pears or applesauce.
- soft cooked noodles and rice.
- pieces of bread or toast.

Make some of your own baby food - it's easy!

Be sure your baby can chew and swallow foods from one group before you try the next texture:

1. Smooth or pureed foods
2. Mashed foods
3. Finely chopped foods
4. Tiny pieces of soft food

Encourage your baby to feed himself with a cup, spoon and fingers.

use 2 spoons

Give your baby a spoon to hold while you feed with a spoon. Show him how to hold and use it. Let him copy you.

Foods that stick to his spoon:

- cottage cheese
- rice
- refried beans
- potatoes
- cooked cereals

Offer a dish with sides - it will be easier for your baby to push food onto his spoon.

finger foods

Your baby will want to pick up and hold a spoon around 8 to 10 months. Choose foods that get soft quickly in his mouth:

- banana
 - graham cracker
 - some breakfast cereals
- Cut up soft foods into tiny pieces.

Encourage your baby to use a spoon with your baby while he is eating.

to wean from the bottle.

Offer breastmilk, formula or water in a small cup when your baby is eating meals and snacks.

Your baby will learn to drink more from a cup and less from a bottle.

Make weaning from the bottle easier when your baby is about 12 months old.

Offer your baby or use infant formula with iron until he is 1 year old.

to sit in Bed

Encourage your baby to get up from a bottle and sit in his bed.

Avoid choking, or develop ear infections or cavities in his baby teeth. It's a hard habit to break!

Consult your health care provider if you have any concerns about how your baby eats such as:

- frequent vomiting or diarrhea
- gagging often.
- refusal to chew and swallow foods.
- weight gain that is slow, unsteady, or upsetting for your baby or you.

growing with baby steps

For more information on baby steps, visit www.babysteps.com. Additional information could be obtained from your health care provider. 8307