

Helpful Information

1 Hold your baby close if you bottle feed. Never prop the bottle or put baby to bed with a bottle.

2 Be patient when feeding your baby. Babies need time and practice to learn to eat. They are messy eaters. Always sit with your baby while baby eats.

3 Bottles are for plain water, breastmilk or formula. Give juice in a cup only. Never give sweetened drinks like Kool-Aid®, sodas (pop), punch, gelatin water, or sugar water. Offer your baby about 4 ounces (120 milliliters) of plain water a day, in a cup.



4 Never force baby to finish a bottle or food. Your baby is the best judge of how much to eat. Babies will tell you when they have had enough by turning their heads away, closing their lips, pushing food out of their mouths, or throwing food on the floor.

5 Feed your baby from a small dish, not from the jar. Feed with a small spoon. Use a clean spoon to take more food out of the jar. Your baby's saliva (spit) can spoil the food, which

may cause diarrhea. Throw away any left-over food or liquids in your baby's bottle or dish. Store left-over jar food in the refrigerator. Use within 2 days.



6 Add one new food at a time. Wait five days before giving your baby another new food. Watch for allergic reactions.

7 Foods that may cause allergic reactions are:

- ▲ Cow's milk
- ▲ Orange juice
- ▲ Egg whites
- ▲ Wheat products
- ▲ Corn products
- ▲ Fish and other seafood
- ▲ Soy products like soy milk and tofu
- ▲ Peanuts or other nuts
- ▲ Peanut butter
- ▲ Chocolate
- ▲ Strawberries
- ▲ Raw tomatoes

Most babies outgrow these allergies.

8 Some allergic reactions are:

- ▲ Skin rash
- ▲ Gas
- ▲ Breathing problems
- ▲ Diarrhea

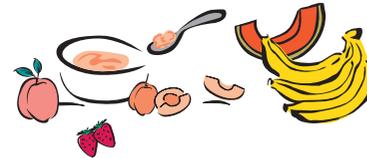
Helpful Information



9 Buy plain foods. Avoid buying combination dinners. You can make your own combinations with meats, vegetables, and rice or noodles. These are healthier and less expensive.



10 Offer fruit for dessert. Babies do not need baby desserts like puddings, custards, and cobblers.



11 Wipe baby's teeth with a soft damp cloth after meals.

12 Wash your hands and baby's hands with soap before feeding baby. Wash the high chair tray with hot soapy water after baby eats.

Warning: Babies can easily choke on hot dogs, nuts, seeds, popcorn, chips, grapes, raisins, raw vegetables, and peanut butter. Do not serve these foods. **Never** give your baby honey or foods made with honey. Your baby could get very sick or even die.

Feeding Your Baby 6 to 12 Months



This is my goal for my baby: _____

Food for Baby—Six to Twelve Months

Use this chart as a guide for introducing foods to your baby.

If your baby was premature, talk to your WIC nutritionist.

At about 6 to 8 months

When your baby can:

- ✓ Grasp and hold onto things
- ✓ Sit without support
- ✓ Begin to chew
- ✓ Use a cup with help



First:

- ▲ Start with smooth, strained or pureed cooked vegetables. Do not add salt or sugar.
- ▲ Start teaching your baby to drink water from a small cup.

Then:

- ▲ Try strained or pureed soft fruits. Do not add sugar.
- ▲ Start fruit juice. Limit juice to 2 ounces (60 milliliters) per day. Mix 2 ounces juice with 2 ounces water. **Always give juice in a cup.**

Also:

- ▲ Offer a variety of foods.
- ▲ Let your baby start to feed himself/herself.
- ▲ You can use a strainer, blender, or baby food grinder to make baby food.

Later (7 to 8 months) try:

- ▲ Strained or pureed meat or chicken. **No hot dogs.**
- ▲ Strained or pureed cooked beans.
- ▲ Cottage cheese.
- ▲ Plain yogurt.
- ▲ Cooked egg yolk mashed with breastmilk, formula, or yogurt. **No egg whites.**
- ▲ Mashed tofu.



At about 8 to 10 months

When your baby can:

- ✓ Take a bite of food
- ✓ Pick up finger foods and feed himself/herself
- ✓ Use a cup



Add:

- ▲ Mixed grain baby cereal.
- ▲ Fruits and cooked vegetables, mashed with a fork.
- ▲ Cooked plain rice and noodles, mashed or chopped.

Try finger foods:

- ▲ Small pieces of mild cheese.
- ▲ Small pieces of soft cooked vegetables and peeled, soft fruits.
- ▲ Toasted bread squares, unsalted crackers, or small pieces of soft tortilla.
- ▲ Small pieces of cooked, ground meat, chicken, or fish. Take out all bones and tough parts.
- ▲ Small pieces of tofu.

Also:

- ▲ Do not add salt, sugar, fat or spices to baby's food.
- ▲ Let your baby feed himself/herself.
- ▲ Keep giving your baby new fruits and vegetables, so baby will like lots of different foods.
- ▲ As your baby eats more solid food, your baby will drink less breastmilk or formula.



At about 10 to 12 months

When your baby can:

- ✓ Chew and swallow soft, mashed, and chopped foods
- ✓ Use a cup
- ✓ Start to use a spoon



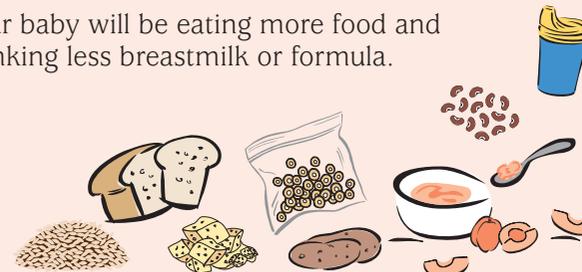
Add:

Small pieces of cooked or soft foods the family eats:

- ▲ Cereals, bread, and crackers.
- ▲ Fruits and cooked vegetables.
- ▲ Cooked soft meats, cooked beans or lentils.
- ▲ Casseroles.

Also:

- ▲ Let your baby feed himself/herself with a spoon or his/her hands.
- ▲ Let your baby sit at the table with the family.
- ▲ Start using the bottle less and the cup more. Give your baby a small cup of breastmilk, formula, or water to drink with his/her food.
- ▲ Wean your baby from the bottle little by little around 12 months. If you wait longer, baby may not want to give up the bottle. Bottle feeding can cause tooth decay.
- ▲ Your baby will be eating more food and drinking less breastmilk or formula.



At about 1 year

When your baby can:

- ✓ Chew and swallow soft table foods
- ✓ Use a spoon



Add:

- ▲ Whole milk, a little at a time.
- ▲ Cooked whole egg.

Also:

- ▲ Offer your baby 3 small meals a day plus snacks.
- ▲ When your baby gets used to whole milk, offer your baby 4 ounces (120 milliliters) in a cup, 4 times a day.
- ▲ Give your baby whole milk from age 1 until age 2.
- ▲ Serve your baby liquids from a cup only.
- ▲ If you need help getting your baby off the bottle, ask the WIC staff.





Dear Colleague,

The Washington State Department of Health (DOH) is pleased to provide camera-ready art for printing this educational material. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team