

## Sources

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Academy of Nutrition and Dietetics, [www.eatright.org](http://www.eatright.org).

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Wholesome Baby Food, [www.wholesomebabyfood.com](http://www.wholesomebabyfood.com).

Solid Foods: How to Get Your Baby Started, Mayo Clinic, [www.mayoclinic.com](http://www.mayoclinic.com).

Feeding Infants— A Guide for Use in the Child Nutrition Programs, United States Department of Agriculture, Food and Nutrition Services.

### Helpful Websites

Healthy Children, Ages & Stages: [www.healthychildren.org](http://www.healthychildren.org)

Wholesome Baby Food: [www.wholesomebabyfood.org](http://www.wholesomebabyfood.org)

Dr. Greene: [www.drgreene.com](http://www.drgreene.com)

### Helpful Infant Feeding Apps

#### Little Bites

Track your baby's adventure into the world of solid foods. Browse quick and healthy recipes catered to your baby's dietary needs.

#### Baby Food Tracker

Keep track of your baby's meals including brand, flavor, Yum Meter, allergies, notes, and more.

## Resources for Parents

### *Starting Solids: The Essential Guide to Your Baby's First Foods*

Annabel Karmel, 2010

The perfect introductory book to first foods with simple, practical advice. It features more than 50 recipes, menu planners, tips to help parents encourage their babies to explore new tastes, and answers to key feeding problems such as allergies, fussy eating, weight concerns and messy eaters.

### *The Baby Food Bible: A Complete Guide to Feeding Your Child*

Eileen Behan, RD, 2008

Features a guide to more than 100 foods recommended for infants and toddlers informing parents when to introduce these foods into a child's diet. Behan also provides an alphabetized index that explains how to buy, store, prepare and serve these foods, with delicious recipes for every meal.

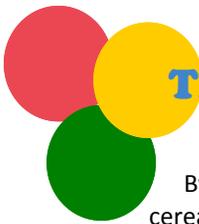
# Feeding Your Child

## A Guide to Your Child's Nutritional Needs



## The Eight to Twelve Month Old





# The Eight to Twelve Month Old

By about 8 months, most babies are pros at handling iron-fortified cereals, pureed vegetables and fruits, and possibly some meats that have been introduced to them along with breast milk or formula. At this age, infants can sit alone without support and can begin to pick up objects with their thumb and finger. Chewing movements allow the progression to soft, mashed foods and over the next few months, your child will start to explore table foods. It is important to offer food that encourages chewing.

## Introducing New Foods

As you expand your child’s palate, continue to give new single foods a trial run of at least 3-4 days to look for any allergic reactions. **Do not feed your infant honey or cow’s milk until after 12 months of age.**

You can purchase baby foods that offer your infant new tastes and textures, or you can fork-mash, cut-up, or grind whatever foods you may be serving the rest of the family. You should cook it a little longer, until it is very soft, and cut it into small pieces that your baby can handle in order to decrease the risk of choking.

## Adding Protein Foods

Meats and other protein-rich foods can be introduced at any age and can make great first foods, especially for breastfed babies because of their high iron and zinc content. If you haven’t already starting incorporating proteins, now is the time!



Try well-cooked strained, ground or finely chopped lean beef, pork, lamb, veal, chicken, or turkey; pureed cooked beans or split peas; as well as tofu, mild cheese, cottage cheese, plain yogurt, or eggs.

Cook protein foods without added seasonings. Remove all bones and skin before straining, blending or chopping. When buying commercially prepared baby food, look for plain meats rather than mixed vegetable and meat dinners; ounce for ounce, the plain meats give more protein and iron.

Start with 1 tablespoon and gradually increase to:

-  2 tablespoons of meat, poultry, eggs, cheese or yogurt OR
-  3-4 tablespoons of beans or split peas

## Variety

Continue to expand the variety of fruits, vegetables, protein foods, bread and cereals you give your baby. Include dark green, orange and red varieties often. Your baby’s meal pattern should gradually begin to resemble that of the rest of the family with 3 meals and 2 snacks.

If your infant rejects a new food, wait a few days and try again. Teaching your child to eat a wide variety of nutritious foods will help establish good eating habits and offer health benefits throughout life.

## Feeding Safety

Never leave your baby unattended while eating in case he/she chokes. Avoid foods that could present a choking hazard. If you are unsure about whether or not a finger food is safe, ask yourself these following questions:

- ♦ **Does it melt in the mouth?** Such as dry cereals and light, flaky crackers.
- ♦ **Is it cooked enough so that it mashes easily?** Well-cooked or canned fruits and vegetables mash easily.
- ♦ **Is it naturally soft?** Such as cottage cheese, shredded cheese, plain yogurt, or small pieces of tofu.
- ♦ **Can it be gummed?** Small pieces of ripe banana or avocado and well-cooked pasta can be gummed easily.

Choking Hazards		
 <b>Corn or popcorn</b>	 <b>Raw vegetables</b>	 <b>Candy</b>
 <b>Nuts</b>	 <b>Nut butters</b>	 <b>Chips</b>
 <b>Gum</b>	 <b>Hot dogs</b>	 <b>Grapes</b>
 <b>Raisins</b>	 <b>Pretzels</b>	

## Finger Foods

Your baby is gaining independence now and has the motor skills to begin eating more independently. To encourage self-feeding, offer finger foods. Sometimes babies enjoy playing with their foods, so be patient.

A baby should participate in his own feeding (he can hold one spoon while you efficiently deliver food with another!). Over-control of a child’s feeding can lead to significant feeding problems later. Thick cereal, mashed potatoes, or pudding that sticks to a spoon will make it easier for your child to feed himself. If you have worries about your approach to feeding your child, discuss your concerns with your baby’s primary care provider or nutritionist/registered dietitian.

Safe Finger Foods	
 <b>Graham crackers</b>	 <b>Cooked noodles</b>
 <b>Soft peeled fruit slices</b>	 <b>Small pieces of mild cheese</b>
 <b>Toasted whole grain bread or bagels</b>	 <b>Cooked pieces of vegetables</b>
 <b>Unsweetened dry cereal (Cheerios)</b>	

## How Much Should My Baby Eat?

Infant formula and breast milk continue to provide important nutrients for growing infants, but babies will start to drink less as they approach their first birthday. They are getting more nutrients now from the variety of foods they have learned to eat and enjoy.

You may be concerned that you are feeding your child too much or not enough. Pay attention to your baby's hunger and fullness cues. Watch for signs from your baby so you don't overfeed him/her.

**“No more, please!”**  
**Sucks without enthusiasm**  
**Stops or turns away from the breast or bottle**  
**Turns away from or spits out familiar food**  
**Refuses to open mouth**  
**Becomes fussy**

Let your baby finger feed or hold a spoon while you do the actual feedings. This is good preparation for the toddler years when your child will take charge of self-feeding. In addition, if you have not already, consider establishing regular mealtimes.

The table below gives an example of what your baby's daily eating schedule may look like from 8-12 months of age.

	8-10 Months Old	10-12 Months Old
Breast Milk or Formula	24-32 oz daily	24-30 oz daily (24 oz per day by 12 months)
Cereal	3-4 Tbsp, 2-3 times per day (single grain)	3-4 Tbsp, 2-3 times a day (any variety)
Fruits & Vegetables	2-3 Tbsp each, 2 times per day (strained, pureed or soft mash)	2-4 Tbsp each, 2 times per day (mashed or soft chunks)
Meats, Protein & Dairy	1-2 Tbsp, 2 times per day (strained)	2-4 Tbsp, 2 times per day (finely ground or small tender pieces of meat; cooked beans or peas; fish without bones; mild cheese; eggs; etc)
Juice	None until older than 12 months	None until older than 12 months
Snacks	1-2 teething biscuits, if desired; plain yogurt; crackers; etc	1-2 teething biscuits, if desired; cottage cheese; noodles; etc

## Making Meals Work

If you have not already done so, have your baby join the rest of the family at meals. At this age, he/she should enjoy being at the table!

Keep your child's temperament in mind when you are trying to introduce new foods. If you encounter resistance to new textures, serve them in small portions and mix them with food you know your infant likes. A child who likes a lot of stimulation may enjoy it when you "play airplane" with the spoon to get the food into his mouth. A more sensitive child, however, may need the focus kept on eating with minimal distractions.

## Weaning from the Breast

Many mothers choose to continue breastfeeding after 12 months. With the many transitions of the second year of life, breastfeeding moms enjoy this special time with babies. Babies thrive on breast milk and solid foods during their second year.



If you choose to wean your baby from the breast at this time, feel free to call the Health Care Center at 919-531-8809 to speak with a lactation consultant for assistance in learning steps for safe weaning.

## Weaning from the Bottle

Weaning your baby from the bottle will begin when she starts to drink from a cup. The more often she drinks from a cup, the less she will drink from a bottle. Your baby should be **completely weaned from the bottle by 12-15 months**. To help make weaning at 12 months easier, try to:

- ♦ **Offer WHOLE milk from a cup at about 12 months of age.** Reduced-fat milk should not be offered until after age 2, unless otherwise recommended by your child's provider.
- ♦ **Avoid bottles at meal time.** Offer milk, juice or water in a cup instead.
- ♦ **Offer a snack of whole milk and a graham cracker before a nap** rather than a bottle or breastfeeding.
- ♦ **Give your baby a cup when she is happy,** not when she is cranky.
- ♦ **Put your baby's favorite drinks in a cup and only water in the bottle.**
- ♦ **Wean your baby from her favorite feedings last.** These are usually the early morning and nighttime bottle or breastfeeding.
- ♦ **Sing or read to help comfort your baby.** A special toy may also be used to help soothe her.

## Reminder About Vitamin D

Until your baby consumes at least 32 ounces of vitamin D fortified formula or milk (after age 1) daily, a supplement of **400 IU** of vitamin D3 is needed every day.

