

Airplane Choo Choo FEEDING TIPS FOR 8-12 MONTHS

Now is a good time to start feeding your baby “finger foods.” Finger foods are preferred after 9 months of age because they are small and bite-sized. They work well to help your baby learn how to feed themselves instead of being spoon-fed because effective handling of a spoon does not develop until after 12 months of age.⁴ Respect the pace of your baby’s development to new taste and texture. Encourage them to experience the feel, the smell and taste of new foods to improve their development. The American Academy of Pediatrics encourages the consumption of meats, vegetables high in iron and cereals that are iron- and zinc-fortified.⁴ If you haven’t already, begin to introduce meat to your baby during these months because it is a good source of iron and zinc.



The Importance of Meats*⁴

- Meats offer easily absorbed iron and zinc that are important for your baby’s growth. Offer meats daily. If you choose to feed your baby a vegetarian diet, talk to your pediatrician about how to meet recommended iron and zinc intakes.
- Feed your baby strained meats or make your own soft/pureed meats in the blender or food grinder.
- Only introduce single-ingredient soft/pureed meats like chicken, turkey, beef or pork. Wait 3-5 days and watch for an unhealthy reaction.
- Offer your baby 3-4 Tbsp. of meat 2 times a day.

Do Not Do

- Do not give your baby cow’s milk or other animal milks.
- Do not give your baby plant-based milk alternatives.

Feeding Tips*^{4,5,9}

- When your baby can sit up and bring their hands to their mouth, give your baby soft, easy to swallow finger foods or give a baby-size spoon and let them try to feed themselves.
- Be patient. Babies will make a mess when they feed themselves because they are learning new skills.
- Always check warmed foods before serving them to your baby to make sure they are not too hot.
- Avoid foods that your baby could choke on such as grapes, hot dogs, nuts, raisins, raw carrots, popcorn, hard candies, chunks of peanut butter and seeds.
- Do not feed your baby fruit juice or other beverages including plant-based milk alternatives, soft drinks, coffee, tea or caffeinated beverages.
- Do not give your baby honey due to risk of botulism.

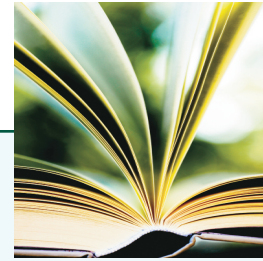


*Consult your pediatrician for specific questions on feeding your child (timing, amounts, etc.).

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Reference List



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