



How to know if your baby is allergic to a new food ○ ○ ○

Sometimes a baby will react to a new food. It may be just a temporary reaction. However, in a very small number of cases, it could be an allergic reaction. If you have a family history of food allergies, your baby may be at higher risk.

Signs of a food reaction:

- Diarrhea
- Vomiting
- Stomach pain
- Skin rashes, such as eczema
- Coughing
- Wheezing or other breathing problems

IF YOU SEE A REACTION AFTER YOUR BABY EATS A NEW FOOD, stop feeding that food and call your doctor or nurse. If you don't see a reaction after five days, continue feeding your baby that food and start another new food.

DON'T FEED YOUR BABY HONEY OR FOODS THAT CONTAIN HONEY. Honey may have spores that cause botulism. Botulism is a rare but serious illness caused by a toxin that attacks the body's nerves. Botulism can make your baby very sick.



Make family memories together ○ ○ ○

Cook together. Eat together. Talk together.
Make mealtime a family time.

- Talk about fun and happy things and include your baby. Move your baby's high chair close to the table. Babies like to be at the table with you and their family.
- Focus on the meal and each other. Turn off the TV. Take phone calls later. Put away mobile devices.

For help finding nutrition resources, an Apple Health dentist, or to find out if you are eligible for the Women, Infants, and Children (WIC) Nutrition Program or Supplemental Nutrition Assistance Program (SNAP) benefits call:

WithinReach

Call the WithinReach Help Me Grow Washington Hotline at **1-800-322-2588** (711 TTY relay) or www.ParentHelp123.org



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Feeding Your Baby

△ 6 TO 12 MONTHS



Feeding time is a special time * * *

Introduce new foods one at a time to allow your baby to adjust and accept the new experience. Doing so allows you to watch for possible reactions to a new food. If your baby doesn't want to eat a new food, offer it again later. Your baby may need to try a new food several times before accepting it.

Tips to get started:

- Wash your hands and your baby's hands before you make food or feed your baby.
- Start small and offer one to two teaspoons of food once a day.
- Sit your baby in a high chair and use the safety belt to secure him or her.
- Sit your baby facing you so he or she doesn't have to turn to eat from a spoon.
- Encourage your baby to use a spoon and his or her fingers to eat.
- Have your baby practice drinking from a cup.
- Don't stress. Feeding is messy. Keep it casual.
- Throw out any leftover food your baby didn't eat.

Learning to eat foods is new for your baby * * *

Your baby will want your attention while he or she learns this new skill. Help your baby do his or her best when eating. Here are some tips:

- Offer food when your baby is calm, wide awake, and not too hungry.
- Talk quietly and kindly.
- Share time together without mobile devices.
- Follow your baby's lead! Watch for cues that your baby is still hungry or is full. Your baby will turn his or her head away or close his or her mouth when full. Your baby will fuss if you take food away too soon.

Is your baby ready for solid food? △ △ △

Learning to eat solid food is an exciting time for you and your baby. Wait to start solids until he or she is ready. For most babies that is around six months or as directed by his or her doctor.

Your baby may be ready when he or she can:

- Grasp and hold onto things.
- Sit up well with support.
- Hold his or her head steady.
- Open and close his or her mouth over a spoon.
- Swallow food.
- Move food around using his or her tongue.
- Use a cup with help.



Your baby's eating habits will change

When your baby becomes more interested in solid food he or she may drink less breastmilk or formula. Breastmilk or formula is still important and should provide most of your baby's nutrients until his or her first birthday.

Slowly add solid foods while continuing to breast or formula feed. Add thicker and lumpier foods when your baby is ready.

Foods that may cause choking △ △ △

Your baby may choke on hard or round foods. It's best to avoid these foods:

- Raw vegetables, such as carrots or celery
- Fruit with skin or a peel, such as apples
- Chicken or fish bones
- Nuts or nut butters
- Potato, corn, or tortilla chips
- Hard candy
- Cookies
- Bacon
- Dried fruit, such as raisins
- Round foods, such as whole grapes or hotdog pieces



Your baby needs breastmilk

Between 6 and 12 months of age, most of the nutrition your baby needs still comes from breastmilk or formula. It is common for babies to change feeding patterns from day to day as they grow. Feed your baby based on his or her hunger cues. Expect to feed your baby breastmilk or formula about six to eight times a day. Your baby’s tummy can now hold about six to eight ounces at a time. Let your baby drink until he or she acts full. Breastfeeding beyond a year has many benefits for you and your baby. Keep breastfeeding as long as you and your baby want to.

Your baby doesn’t need sugary drinks

Don’t offer sugary drinks, such as soda, fruit punch, sports drinks, or any type of juice (including 100 percent juice) to babies under one year of age. They may make babies less hungry for the healthy foods that help them grow. Sugary drinks may also harm a baby’s teeth.

Tips for feeding your baby

6 to 7 months

Mix your baby’s first solid foods with a little breastmilk or formula. Make the mixture thicker as your baby learns to eat from a soft safety spoon.

Good first foods to feed your baby:

- These foods help babies get iron they need around six months.
- Iron-fortified, single grain infant cereal.
- Strained or pureed meats.

Once your baby starts to eat cereal and meats, introduce:

- Strained or mashed vegetables.
- Strained or mashed fruit.

Offer your baby cereal in a bowl, not from a bottle. Don’t add sugar or salt to your baby’s food. Feed from a spoon to help your baby learn how to eat. Learning to eat from a spoon will also help your baby learn how to talk.

7 to 8 months

Good foods to feed your baby:

- Strained or pureed:
 - Cooked beans, such as pinto or navy beans.
 - Cooked vegetables, such as sweet potatoes, carrots, and green beans.
 - Soft fruit, such as peaches, bananas, and pears.

Other good options:

- Baby cereal mixed with breastmilk or iron-fortified formula.
- Cooked egg yolk mashed with breastmilk, iron-fortified formula, or applesauce.
- Cottage cheese.
- Plain, whole-milk yogurt.
- Mashed tofu.
- Ground cooked meat, chicken, or turkey.
- Cooked fish without bones.

Menu ideas for your baby: 8 to 12 months

Continue to give your baby breastmilk and formula and have him or her practice drinking out of a cup when it is time to eat. Keep in mind your baby may eat more or less than these sample menus.

Take care of your baby’s mouth

- After each feeding and before bedtime, if your baby is awake, clean his or her teeth and gums with a clean wet cloth or small soft toothbrush. If your baby is asleep, don’t wake him or her. Just clean your baby’s teeth and gums when he or she wakes up.
- If you breastfeed, take your baby off your breast as soon as he or she falls asleep.
- Don’t pre-chew food, put a pacifier in your mouth before giving it to your baby, or share cups and eating utensils. Germs that cause tooth decay can pass to your baby through your saliva.
- Your baby can practice drinking from a cup with a little water, breastmilk, or formula.

8 to 10 months

Sample Menu

Babies may be ready for food with more texture when they can:

- Take a bite of food.
- Pick up finger foods and feed themselves.

T = Tablespoon



Breakfast

- 2 to 4 T baby cereal (such as oatmeal cereal) mixed with breastmilk or formula
- 2 to 4 T mashed fruit (such as applesauce)
- Breastfeed or give 4 to 6 ounces of formula

Morning snack

- ½ slice toasted bread cut into small squares spread thinly with a teaspoon of peanut butter mixed with applesauce
- 2 to 4 T mashed vegetables (such as cooked squash)
- Breastfeed or give 5 to 6 ounces of formula

Lunch

- 1 to 2 T cooked egg yolk mashed with 2 to 4 T cooked potato and chicken broth
- ½ whole wheat tortilla cut into small pieces
- Breastfeed or give 3 to 4 ounces of formula

Afternoon snack

- 2 to 4 T baby cereal (such as barley cereal) mixed with breastmilk or formula
- 2 to 4 T mashed fruit (such as banana)
- Breastfeed or give 4 to 6 ounces of formula

Dinner

- 1 to 2 T small pea-size pieces of cooked protein (such as ground beef or chicken)
- 2 T grains (such as cooked pasta or rice)
- 2 to 4 T mashed vegetables (such as cooked peas or broccoli)
- Breastfeed or give 3 to 4 ounces of formula

Evening snack

- 2 to 4 T prepared fruit or vegetable baby food (such as pears or carrots)
- Breastfeed or give 5 to 6 ounces of formula



Protect your baby’s little teeth

Even though you may not see them yet, your baby’s teeth are beginning to form and grow. Plan your baby’s first dental visit within six months after your baby’s first tooth appears or no later than one year of age. Ask your doctor about your child’s oral health during well-child checkups.

Teach your baby to use a cup

Teach your baby to drink water from a small cup when he or she is around six to seven months old. Give your baby a small amount of breastmilk, formula, or water in a cup to drink with food.

10 to 12 months

Sample Menu

Babies may be ready for more textured food once they:

- Chew and swallow soft, mashed, and chopped food.
- Start to use a spoon and finger-feed themselves.

T = Tablespoon



Breakfast

- 2 to 4 T baby cereal (such as rice cereal) mixed with breastmilk or formula
- 3 to 4 T chopped soft fruit (such as peeled peaches)
- Breastfeed or give 3 to 4 ounces of formula

Morning snack

- 2 to 4 T mashed or chopped vegetables (such as cooked squash)
- ½ slice toasted bread cut into small squares spread thinly with a teaspoon of peanut butter mixed with applesauce
- Breastfeed or give 5 to 7 ounces of formula

Lunch

- 2 to 4 T cooked protein (such as turkey or beans)
- 2 T cooked rice mixed with 2 T mashed or chopped soft vegetables (such as cooked sweet potato)
- 3 to 4 T small pieces of soft-cooked carrots
- Breastfeed or give 3 to 4 ounces of formula

Afternoon snack

- 2 to 4 T dry cereal
- 3 to 4 T small, bite-size pieces of fruit (such as peeled pears)
- Breastfeed or give 5 to 6 ounces of formula

Dinner

- 2 to 3 T pinto beans cooked until very soft
- ½ soft tortilla with melted cheese cut into small pieces
- 3 to 4 T small pieces of soft-cooked vegetables (such as zucchini)
- Breastfeed or give 3 to 4 ounces of formula

Evening snack

- 2 to 4 T mashed or chopped soft fruit (such as strawberries)
- Breastfeed or give 5 to 7 ounces of formula

