Your baby's eating habits will change.

For your baby to eat:
- Use a cup with help.
- Use a spoon and his or her fingers to eat.
- Focus on the meal and each other. Turn off the TV.
- Cook together. Eat together. Talk together.
- Make family memories together.
- Make mealtime a family time.

Feeding is a special time.

If your baby is allergic to a new food:
- Talk about fun and happy things and include your baby.
- Make mealtime a family time.
- 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 Family Health Hotline
1-800-322-2588 (TTY available)
www.watchmegrowwa.org

If you have a disability and need this document in another format, please call 1-800-322-2588 (711 TTY relay).

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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.

Learning to eat foods is new for your baby.

Your baby may be ready when he or she can:
- Sit up well with support.
- Grasp and hold onto things.
- Hold his or her head steady.
- Open and close his or her mouth.
- Move food around over a spoon.
- Swallow food.
- Use a spoon and his or her tongue.
- Tongue.
- Grasp and hold onto things.
- Smell.
- Taste.
- Feel.
- See.
- Hear.
- Have good coordination.
- Know where his or her body parts are.
- Iron and other nutrients in milk.
- Breath.
- Talk about fun and happy things and include your baby.
- Focus on the meal and each other. Turn off the TV.
- Cook together. Eat together. Talk together.
- Make family memories together.
- Make mealtime a family time.

For your baby to eat:
- Use a cup with help.
- Use a spoon and his or her fingers to eat.
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Make family memories together.

Cook together. Eat together. Talk together.

Make mealtime a family time.

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or her best when eating. Here are some tips:

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:

**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.

**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 and 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’s eating habits will change when your baby becomes more interested in solid food he or she may drink less breast milk or formula. Breast milk 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:

- Hard candy
- Cookies
- Bacon
- Dried fruit, such as raisins
- Round foods, such as whole grapes or hot dogs

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Nutrition Program or WIC

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### 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 child 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 apple sauce.
  - 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.

#### 8 to 10 months
- **Sample Menu**

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Breastfeed or give 5 to 7 ounces of formula</td>
</tr>
<tr>
<td></td>
<td>2 to 3 T cooked egg yolk mixed with 2 to 4 T cooked potato and chicken broth</td>
</tr>
<tr>
<td></td>
<td>½ whole wheat tortilla cut into small pieces</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
<tr>
<td>Afternoon</td>
<td>2 to 3 T cooked egg yolk mixed with breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
<tr>
<td>Evening</td>
<td>2 to 3 T small pea-size pieces of cooked protein (such as ground beef or chicken)</td>
</tr>
<tr>
<td></td>
<td>2 T grains (such as cooked pasta or rice)</td>
</tr>
<tr>
<td></td>
<td>2 to 4 T mashed vegetables (such as cooked peas or broccoli)</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
</tbody>
</table>

### 10 to 12 months
- **Sample Menu**

<table>
<thead>
<tr>
<th>Time</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>Morning</td>
<td>Breastfeed or give 5 to 7 ounces of formula</td>
</tr>
<tr>
<td></td>
<td>2 to 4 T baby cereal (such as barley cereal) mixed with breastmilk or formula</td>
</tr>
<tr>
<td></td>
<td>3 to 4 T chopped soft fruit (such as peeled peaches)</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
<tr>
<td>Afternoon</td>
<td>2 to 4 T cooked protein (such as turkey or beans)</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
<tr>
<td>Evening</td>
<td>2 to 3 T pinto beans cooked until very soft</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
<tr>
<td></td>
<td>2 T cooked rice mixed with 2 T mashed or chopped soft vegetables (such as cooked sweet potatoes)</td>
</tr>
<tr>
<td></td>
<td>3 to 4 T small pieces of soft-cooked carrots</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
<tr>
<td>Evening</td>
<td>2 to 4 T dry cereal</td>
</tr>
<tr>
<td></td>
<td>3 to 4 T small, bite-size pieces of fruit (such as peeled pear)</td>
</tr>
<tr>
<td></td>
<td>Breastfeed or give 3 to 4 ounces of formula</td>
</tr>
</tbody>
</table>

### 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.
- 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.

### 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.