

9 months old

Child's name _____

Length _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

Any feeding concerns?

What foods does your baby like to eat?

Is your baby drinking less breastmilk or formula?

Is your baby drinking water or any other beverages?

Are you allowing your baby to control how much he or she eats?

Feeding Advice

- Continue breastfeeding on demand.
- If you are using iron-fortified formula, give no more than 26-32 ounces of formula per day.
- By 9 to 12 months, your baby will already be fitting into your family's eating schedule and will be eating family food at the table.

Table Time Tips ~

- Offer a wide variety of finger and table foods that are soft and easy to chew.
- **Vegetables and fruits should be given at every meal and used as snacks.**
- Vegetables and fruits 1-2 tablespoons per meal, twice a day
- Cereal 2-4 tablespoons, twice per day
- Meats 1-2 tablespoons, twice per day
- Offer all drinks in a cup. Your baby should gradually be weaned from the bottle around one year.
- You may need to offer a food more than 10 times before your baby will like the food.
- Never bribe your baby with food or use food as a reward.
- Gradually reduce strained foods – by one year, all of your baby's foods should be from the table.
- If juice is given, it should be 100% fruit juice and no more than 3 oz. per day, from a cup.

Choking Hazards ~

- Always stay with your baby when he or she is eating.
- **Foods that are small, round, tough or smooth are more likely to cause choking. Peanut butter can cause choking if it is spread thickly or spoonfed. Do not give your baby foods such as nuts, grapes, popcorn and round slices of hot dogs.**

More Feeding tips ~

- Soft drinks, fruit punch and other sweetened drinks are **NOT** good for your baby.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or health-care professional.

Be Active

- Encourage crawling, reaching and playing with toys.
- Your baby may pull to stand.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:



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