

9 months old

Pediatric Associates, Inc.

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

Your Baby's diet~

- Continue to breastfeed on demand.
- If you are using iron-fortified formula, give no more than 26-32 ounces of formula per day.
- By 9-12 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 a day.
- Meats 1-2 tablespoons, twice per day.
- Offer all drinks in 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.
- Iron and vitamin D supplementation (available over the counter in a liquid multivitamin such as PolyVisol with iron) is recommended for breast feeding babies at a dose of one dropperful per day.

Choking Hazards~

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



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio, the American Academy of Pediatrics-Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

Child's name _____

Date _____ Weight _____

Length _____ HC _____

More Feeding Tips~

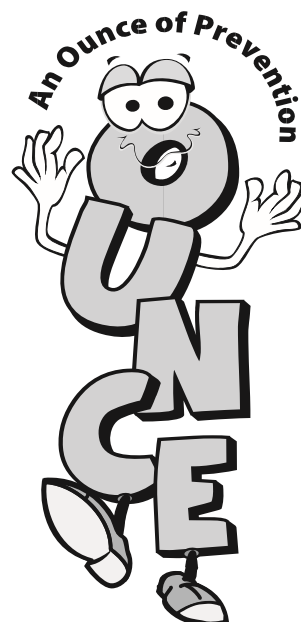
- Soft drinks, fruit punch and other sweetened drinks are **NOT** good for your baby.
- Ask about Vitamin D supplementation, especially for breastfed infants. For more information talk to your doctor or healthcare professional.

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.

Safety

- Babies should always be placed on their back to sleep, alone (without blankets, pillows, or other objects), in a crib or bassinet.
- Infants should never share a bed with others or sleep on any soft surface such as a bed or sofa due to a high risk of death from Sudden Infant Death Syndrome (SIDS)
- Infants ages newborn to 2 years old should ride in a rear facing car seat.
- Visit www.healthychildren.org for more information about caring for your child



is Worth a Pound