

Your baby will get all the nutrients he/she needs as long as you provide the proper number of servings from the different food groups. Some babies may be eating all table foods, while some may still favor baby foods. Almost all table foods are okay to serve, however stay away from large pieces which are difficult to chew.

Suggested Diet for Your Baby: 9-11 months

Milk: Your baby should either breastfeed on demand or should be offered 16-24oz of IRON FORTIFIED formula per 24hours. After 11 months, you may begin offering whole cow's milk at times; however continue breastfeeding or formula until 1 year of age.

Cereal: 3-4 Tablespoons once a day. Continue to mix with breast milk or formula. You may use rice, oat, wheat, barley, mixed grain, or cooked oatmeal, cream of wheat, or grits.

Vegetables: 4-5 Tablespoons, 2 times a day. STAGE 3 foods, Junior, or soft table foods.

Fruits: 4-5 Tablespoons, 2 times a day. STAGE 3 foods, Junior, or soft table foods.

Meats: 4-5 Tablespoons, 1 time a day. STAGE 3 foods, Junior, or soft table foods, deli meats.

Dairy: 1 to 2 servings a day. Cheese, yogurt (whole milk), cottage cheese. Be careful if your baby does not tolerate cow's milk based formula. Soy varieties are commonly available.

Breads: 2 to 3 servings a day (soda crackers, Zwieback- 3 pieces, vanilla wafers- 4 pieces, 1 slice of bread, graham crackers- 3 pieces, 1/3 cup macaroni)

Water: Offer your baby water in a sippy cup as needed throughout the day.

Juice: OPTIONAL. 4-6oz per day maximum, 100% juices with no added sugar. Continue to dilute with water.

****Avoid peanut butter, egg whites, and shellfish until after 1 year of age. These foods are among the most common to cause allergies if introduced too early. After 1 year of age, you may introduce eggs (fried, scrambled, boiled, poached). If tolerated, your child may eat one egg 2-3 times a week.**

IMPORTANT NUTRITION POINTS

Your baby should receive either breast milk or iron fortified formula for the first 12 months of life, rather than whole milk, in order to prevent anemia and allow for optimal growth and development. It is okay to supplement with whole cow's milk (pasteurized and homogenized) around 11 months of age, however continue breast milk or formula until 12 months of age.

Try offering your baby milk from the sippy cup- the earlier this transition is made, the easier it will be. Do not get frustrated if it does not work well at first- just keep trying!

When your baby starts eating table foods, be careful not to add extra salt. Spices in cooking are okay, but be careful not to over-do it. In general, your baby should be introduced to the foods that your family eats, with a focus on healthy choices from different food groups at each mealtime.

As your baby eats more solid foods, allow him/her to attempt finger-feeding themselves. This may make a mess at times, but provides excellent opportunity for fine motor development! Be sure all pieces you offer are **SMALL, SOFT, and easy to chew**. Never leave your child unattended while eating, as choking can occur at any time.

Resist the temptation to feed your baby desserts, puddings, punches, or soft drinks. These serve no nutritional value and may spoil your baby's appetite for more nourishing foods.

Do not feed honey to children less than 12 months of age. Uncooked honey may contain bacteria or chemicals which can be extremely harmful to young babies.

Points to ponder

1. Do not leave a bottle of milk or juice in your baby's crib. Do not feed your baby while lying flat. Doing so may lead to ear infections, cavities, or dental cavities. Brush your baby's teeth/ gums twice a day with water or **NON-FLUORIDE** toothpaste.
2. It is normal for your baby to show anxiety towards strangers by crying. He/she may be more "clingy" and less willing to separate from you. These are normal behaviors. Be patient with your child and provide gentle reassurance.
3. Most babies at this age will begin awakening more during the night time. These awakenings are part of the normal sleep phase. Avoid the temptation to feed your baby or engage in social activities (playing/ talking/ rocking). Unless your baby is obviously ill, provide gentle reassurance and allow him/her to return to sleep on their own.
4. Move your baby's crib mattress to its lowest position. This will prevent your baby from falling or climbing out of the crib.
5. Continue to encourage the sippy cup. All bottles should be eliminated by 12 to 15 months of age!
6. Any water is a drowning hazard, no matter how small the amount. **NEVER** leave your child unattended in the bathtub, bathroom, or pool, even momentarily. To avoid scalding injuries, set your hot water thermostat at 120 degrees F or lower.
7. Carseats should remain **REAR-FACING** until your baby weighs 20 pounds **AND** is 1 year old. Once your child is able to be turned facing front, the carseat should remain in the back seat of the car. Always be sure your child is properly restrained while in any vehicle. **NEVER** travel with your baby in your lap!
8. Keep all detergents, household cleaners, medications, and other hazardous, poisonous, or small items up high and in a secure place away from your baby's reach.
9. Do not put necklaces or pacifier cords around your baby's neck; this may lead to strangulation.
10. In case of accidental poisoning, immediately call the Poison Control Center (**1-800-222-1222** or **704-355-4000**) or your pediatrician.