

Infant Feeding – 9 to 12 Months

Continue to breast feed your baby as long as you and your baby want. Iron-fortified formula should be continued until your baby is 12 months old. At 12 months of age begin giving your child whole milk. Do not give 2% or skim milk until your child is 2 years of age, unless recommended by your doctor. At this age your baby should be eating mashed table food and finger foods.

Guidelines:

Breast Milk or Infant Formula: 20 to 24 ounces in 24 hours

Food:

Cereals	4 to 12 tablespoons mixed with breast milk or formula a day
Vegetables	4 to 8 tablespoons a day
Fruits	4 to 8 tablespoons a day
Meats or Meat Substitutes	4 to 8 tablespoons a day
Baby Crackers/Toast/ Zwieback	2 servings a day
Juice (optional)	3 to 4 ounces a day (give by cup)

Feeding Tips:

- Offer small servings of each food. Children become overwhelmed by large portions of food.
- Your infant may decide that he does not like certain foods. Never force an infant to eat a food. Keep offering those foods every once in a while. As children get older their tastes change.
- Offer food at 3 meals and at snack times. Children need to eat small, frequent meals. Try to offer meals and snacks at the same time each day.
- Let your child feed himself with his hands and a spoon.
- You may offer whole fat cow's milk at 12 months of age instead of formula.
- Offer a cup at every meal. Encourage all fluids from a cup by 12 months of age.
- Offer soft, well-cooked vegetables or fruit. This will encourage self-feeding.
- Feed your baby in a high-chair. Try to feed your baby at the same time the rest of the family eats. Children like company.
- Infants can choke easily and should be watched closely while eating. Never feed infants nuts, popcorn, grapes, chips or peanut butter. If meat sticks are fed, cut into small pieces and closely supervise.

- If there is a family history of allergies, do not offer eggs or wheat until 12 months of age.
- Feed your baby foods from a spoon and liquids from a bottle or cup. Never use an "infant feeder" syringe.
- There is no need to add sugar or salt to your infant's foods.
- Meal times will be messy. Have fun! Be patient.
- Do not add cereal to the milk in the bottle, unless recommended by your child's doctor. It does not make babies sleep longer.
- Avoid putting your baby to bed with a bottle of milk or juice. This may lead to tooth decay.
- Minimize distractions during meal times (turn off the TV).