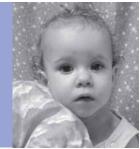
8 - 12 MONTHS



Isabella, 11 months

Age	Your baby may	
8-10 months	 enjoy feeding herself because her hand-eye coordination is improving. want to hold a spoon because she can now relate to objects. 	
10-12 months	 become more shy and anxious around strangers, so she may not eat well for them. want to explore and touch everything, including food. respond to her name and say simple words. 	
Note: This is a general guide. Ask your baby's doctor if you have questions or concerns.		

It's time to offer a regular, open-mouth cup.

Help your baby hold the cup while she drinks. Tilt the cup slowly so she can swallow small amounts at her own pace.

Offer your baby small amounts of breastmilk, infant formula, juice or water in the cup at meal and snack times.

As your baby eats more foods, she will drink less breastmilk and/or formula

Offer no more than four ounces of 100% juice per day.

As your baby becomes more interested and skillful using a cup, she may be less interested in the bottle. By 12-14 months, the cup is all your baby will need.

Using a bottle, sippy cup or any spill-proof cup as your baby gets older will be bad for her teeth, may delay her feeding and speech skills, and can limit how much she wants to eat.

More new foods	How to <u>offer</u>	
Infant cereals (mixed grain & Cream of Wheat)	On a spoon (your baby may want to hold it!)	
Egg yolks (hard boiled)	Fork mashed (can mix in other foods)	
Lean meats and poultry (beef, pork, lamb, veal, chicken, turkey, liver)	Well cooked, strained, pureed or chopped depending on your baby's chewing ability	
Cheese (such as cheddar, colby, mozzarella, cottage cheese)	Small thin slices or strips	
Plain yogurt (lowfat or whole milk) Contains cow's milk—do not offer if your baby has protein allergies without talking to her doctor first.	On a spoon	
Cooked dried beans or peas (kidney, lima, pinto, chick)	Mashed or pureed	
Bread, rice, low-salt crackers (made without honey, seeds, nuts, or whole grain kernels)	Strips or small pieces	
Continue to offer breastmilk and/or formula cereal fruits		

Continue to offer breastmilk and/or formula, cereal, fruits and vegetables every day.

Avoid these foods—your baby can choke!

Raw vegetables Marshmallow Grapes Nuts Raisins Seeds Peanut butter Cheese cubes Hotdogs Popcorn Chips

Maine Center for Disease Control and Prevention WIC Nutrition Program 800-437-9300 TTY 800-606-0215 www.wicforme.com



Mary C. Mayhew, Commissione

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