

6 - 8 MONTHS



Madison, 7 months

Your baby may start to...	Your baby may learn to...
... sit with support.	... sit in a high chair to eat.
... work eyes, hands, and mouth together.	... open her mouth when she sees food. ... bring food and objects to her mouth.
... grasp objects.	... feed herself finger foods. ... hold bottle, cup and spoon. ... have fun touching food.
... get new teeth.	... chew. ... eat foods with more texture.

Note: This is a general guide. Ask your baby's doctor if you have questions or concerns.

How to offer new foods

In addition to breastmilk or infant formula and infant cereal, offer pureed vegetables and fruits (jarred or homemade).

Offer only one new food item at a time. Wait seven days before offering another new food—this will help you know if your baby is allergic to what she is eating.

Offer a new food along with familiar foods.

If your baby refuses a new food, offer it again at another time. Your baby may need to try a food several times before deciding to like it.

When full, your baby will let you know by turning her head, pushing the food away, or eating at a slower pace.

Let your baby decide how much to eat of these foods...

New foods	How often?	How to offer
Plain infant cereal	2 times/day	On a spoon
Plain vegetables	1-2 times/day	On a spoon or let baby feed self
Plain fruits	1-2 times/day	On a spoon or let baby feed self
Plain meats	1-2 times/day	On a spoon or let baby feed self

You may offer your baby up to three ounces of 100% juice in a cup each day. You may also offer your baby small amounts of water in a cup.

Keep you baby's foods SAFE!

Wash your hands and your baby's hands before each feeding.

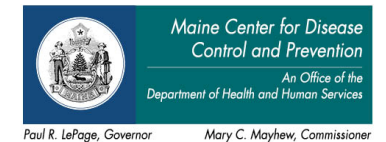
When you feed jarred baby food...

- ▶ Listen for the "pop" when you open the jar—if it doesn't pop, the food may be spoiled. If in doubt, throw it out.
- ▶ Always feed jarred baby food from a dish and not from the jar—your baby's saliva will cause the food to spoil.

Keep your baby growing healthy by avoiding:

- Baby food desserts, cakes, cookies, candies, pastries, or chocolate
- Baby food mixed dinners
- Seasonings, like sugar, salt, gravy, butter or margarine
- Drinks like Kool-Aid®, soda, sports drinks, tea or coffee
- Cow's milk
- Honey
- Artificial sweeteners
- Peanut butter
- Eggs
- Shellfish
- Foods in bottles—including cereal
- Foods high in fat like bacon, bologna, lunch meats, sausage, hotdogs and fried foods

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



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