

8 - 12 MONTHS



Isabella, 11 months

Age	Your baby may...
8-10 months	<ul style="list-style-type: none"> ... 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	<ul style="list-style-type: none"> ... 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 offer
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 On a spoon
Plain yogurt (lowfat or whole milk) <i>Contains cow's milk—do not offer if your baby has protein allergies without talking to her doctor first.</i>	
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 and vegetables every day.

Avoid these foods—your baby can choke!

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

Maine Center for Disease Control and Prevention
WIC Nutrition Program
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Paul R. LePage, Governor Mary C. Mayhew, Commissioner

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