

fifth visit...

# 9 months

## Food for Thought

*What food does your baby like?*

*Is your baby drinking less breastmilk or formula?*

*Is your baby drinking water or any other fluids?*

*Are you allowing your baby to control how much he or she eats?*

*Is your baby eating as you expect?*

## Feeding Advice

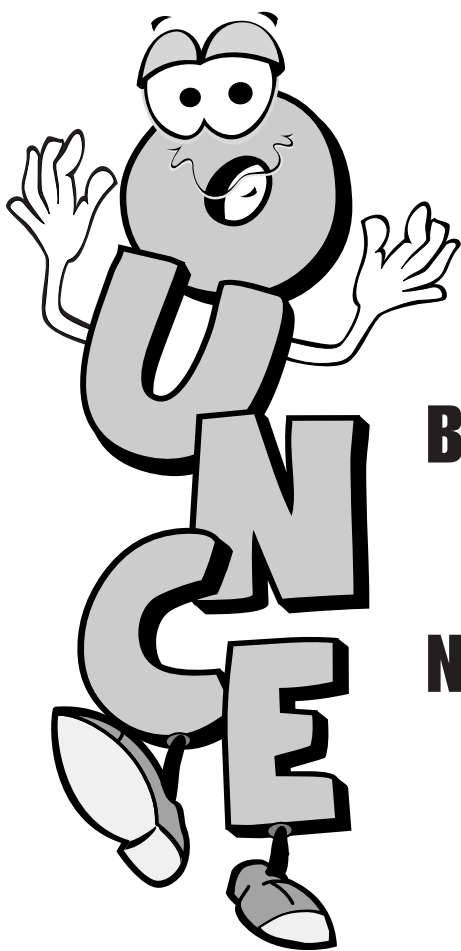
By 9 to 12 months, your baby will already be fitting into your family's eating schedule and will be eating family food at the table.

### Table Time Tips ~

- Offer a wide variety of finger and table foods that are soft and easy to chew.
- **Vegetables and fruits should be given at every meal and used as snacks.**
- Offer all liquids in a cup. Your baby should gradually be weaned from the bottle around one year.
- You may need to offer a food more than 10 times before your baby may accept it.
- Never bribe your baby with food or use food as a reward.
- **If juice is given, it should be 100% fruit juice and no more than 3 oz. per day, from a cup.**

### Choking Hazards ~

- Always stay with your baby when he or she is eating.
- **DO NOT** give your baby foods like popcorn, round candy, nuts, grapes and round slices of hot dogs.
- Continue breastmilk and/or iron-fortified formula until 12 months.
- Soft drinks, fruit punch and other sugary drinks are **NOT** good drinks for your baby.



## Be Active

- Encourage crawling reaching and retrieving toys.
- Your baby may pull to stand.
- Screen time (TV, computer, electronic games) not recommended under age 2.

## Notes:

\_\_\_\_\_

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Height percentile \_\_\_\_\_ %