

9 months *fifth visit...*

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 _____ %