

# help me be healthy

6-12  
months





I am **your baby.**

**I grow best with love  
and the right food!**

My name is \_\_\_\_\_.

I weigh \_\_\_\_\_ pounds and \_\_\_\_\_ ounces.

I am \_\_\_\_\_ inches tall.

My Hemoglobin is \_\_\_\_\_.

A special note for me \_\_\_\_\_

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## Feeding is our special time

I should drink breast milk or baby formula until I turn 1. You can still breastfeed me after 1 year.

I know when I get hungry or full. I let you know by the way I act. Please feed me when I act hungry. Let me eat until I act full.

I might drink breast milk or formula 4 or more times a day. My tummy can hold about 6 to 8 ounces at a time.

- Hold me when you feed me. I feel safe in your arms.
- Sometimes I stop eating to talk with you or look around. I am not full yet. Please talk to me. I love our time together.



# Help me learn to eat other foods

At 6 months, I may be ready to try new foods. Please go slowly. Talk with my doctor and WIC if our family has allergies or I was born early.

## I must be ready to eat other foods.

You will know I am when I can:

- Sit and hold my head steady.
- Show I want food by opening my mouth.
- Show I don't want food by closing my mouth or turning my head.



**Offer me only one new healthy food at a time.** My body must get used to each one. Start with a single food. It could be baby cereal, vegetables, fruit, or meat. I might only eat 1 or 2 spoonfuls each day. Wait 1 week before you try another new food. If I throw up, wheeze, get a rash or diarrhea, stop feeding me the food. Call my doctor right away and tell WIC.



# I will move through 4 stages of food

1. Smooth:  
strained or puree
2. Mashed:  
smooth with a  
few tiny lumps
3. Chopped:  
more lumps
4. Tiny pieces of food



Each stage gets a little harder. Be sure I can chew and swallow food from one stage before I try the next one.



## **Foods taste new to me.**

I might spit it out or make a face. If I keep my mouth closed, don't force me to eat. Try again some other time.



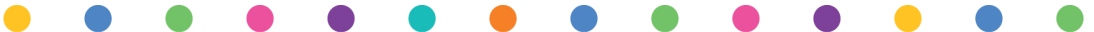
# Give me safe food

Wash your hands and mine before you fix my food or feed me. Do not heat my food in a microwave oven. It could burn my mouth.

Put my food in a dish and feed it to me with a baby spoon. Throw out any food left in the dish and breast milk or formula left in the cup or bottle after feeding me.

**Do not give** me foods I can choke on or get sick eating:

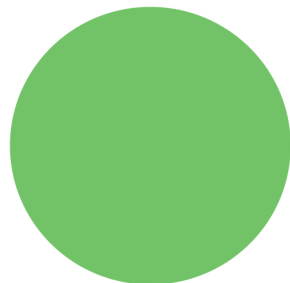
- hot dogs or meat sticks
- peanuts
- raw vegetables
- whole grapes
- bacon
- potato or corn chips
- fish with bones
- nuts
- bologna or deli meats
- honey or food made with honey
- popcorn
- hard candy
- raisins



## Teach me to drink from a cup

I can try to sip from a cup at 6 months. Use a small cup that does not break. It does not need a lid. Pour a little plain water into it. Lift the cup so it touches my lips and I get a taste.

- I need practice! Put breast milk, formula, or water in the cup. Hold the cup while I drink.
- Do not give me punch, tea, or soda. The sugar hurts my teeth and is not what my body needs.



## Let me eat food with my fingers

By 8 or 9 months, I want to eat some food with my fingers. Fix safe foods I can't choke on:

- Tiny pieces of cooked vegetables or soft fruit.
- Tiny pieces of cooked meat, chicken, or turkey.
- Mashed cooked beans, eggs, or tofu.
- Chopped noodles or rice.
- Bite size pieces of toast, plain crackers, or soft tortilla.



Make pieces of food no bigger than this:



## Let's play

Put me on a blanket on the floor. Put a toy just out of my reach so I can move to get it. Roll a ball to me.

I love to learn from you. Read and sing to me. Play peek-a-boo and pat-a-cake. Take me for a walk and talk about what we see.





## How much should I eat?

- Make sure I have breast milk or formula at least 4 times a day.
- Start giving me 1 to 2 tablespoons of baby cereal, vegetables, and meat at some of my meals. Give me more if I am still hungry.
- Let me eat until I act full. I might close my lips, turn or shake my head, or raise my arm.
- Eat with me at our family meals. I eat better when you are with me. Let's turn off all our TVs and cell phones so we can talk.
- I am eating enough if the doctor says I am growing well.



# Look what I can do!

## 6 to 9 months

I can sit up and roll over. I creep and crawl. I like to shake things and drop them to see what happens.

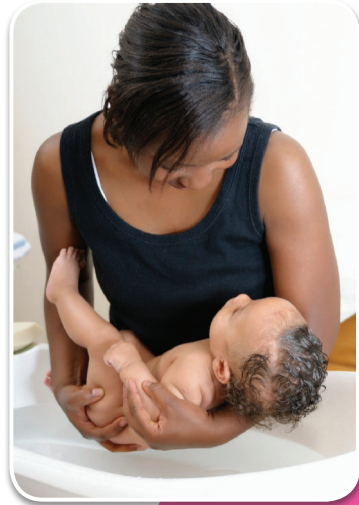
## 9 to 12 months

I like to use my hands. I can hold my cup. I like to point and wave "bye-bye." I say "da-da" and "ma-ma." I can pull myself up to stand. I can walk if you hold both my hands.



## Keep me safe and healthy

- I need checkups and shots. Take me to the doctor at 6, 9, and 12 months.
- I must sit when I eat. Never leave me alone when I eat or when changing or bathing me.
- Clean my gums and teeth with a clean, wet, soft cloth after I eat.
- Never put me to bed with a bottle. I could choke, get an earache, or ruin my teeth.
- If other people feed me, be sure to ask what and how much I ate.
- Let me explore and learn but make each room safe for me.
- Keep me away from tobacco smoke. Smoke hurts my lungs.
- Buckle me into an infant car seat in the car. It's the law! Install my seat in the car's back seat, facing backwards.





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Utah WIC Program 1-877-WIC-KIDS  
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