

Development of Infant Feeding Skills

| Age | Foods to Help Your Baby Eat Smart | Physical Signs | Feeding Skills | Full Signs |
|--------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Birth to 3 Months | <ul style="list-style-type: none"> Breast milk or formula | <ul style="list-style-type: none"> Poor head, neck, and body control | <ul style="list-style-type: none"> Turns mouth toward nipple Sucks and swallows Sticks tongue out when anything is placed in mouth | <ul style="list-style-type: none"> Closes mouth, turns head away from breast or bottle, relaxes hands |
| 3 to 6 Months | <ul style="list-style-type: none"> Breast milk or iron-fortified formula for only the first six months | <ul style="list-style-type: none"> Holds head up Uses hands to pick things up and put them in mouth Begins sitting on own Eyes and hands work together | <ul style="list-style-type: none"> Opens mouth when sees food Up and down motions of jaw begin Tongue moves food from side to side Can grasp large pieces of food Drinks from a cup | <ul style="list-style-type: none"> Closes mouth, turns head or pushes away from breast or bottle, relaxes hands |
| 6 to 9 Months | <ul style="list-style-type: none"> Breastmilk or formula Introduce one food at a time. Wait 3–5 days between each new food. Offer 1–2 tablespoons of food at meal time Aim for a variety of textures and flavors, with a focus on iron-rich foods Try foods multiple times | <ul style="list-style-type: none"> Eyes and hands work together | <ul style="list-style-type: none"> Can grasp large pieces of food Drinks from a cup | <ul style="list-style-type: none"> Stops sucking, looks relaxed or sleepy, frown or fuss when trying to be fed, turns head away or avoids eye contact |
| 9 to 12 Months | <ul style="list-style-type: none"> Breastmilk or formula Increase to 3-4 tablespoons of food at meal time and offer 2-3 healthy snacks per day Aim for a variety of textures and flavors, with a focus on iron-rich foods Try foods multiple times | <ul style="list-style-type: none"> Uses hands to hold cup Pulls up and walks |  | <ul style="list-style-type: none"> Eating slows down, clenches mouth shut, pushes food away, shakes head to say “no more” |

Note: If your child was born prematurely or has a health problem, this list may not apply. If this is the case, ask your doctor to provide you with an idea of what to expect.

References: cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html
wicworks.fns.usda.gov/wicworks/Topics/FG/AppendixD_GuidelinesforFeeding.pdf



Stuffed Bell Peppers

Makes 4 servings | Serving Size: 1 pepper

165°F Cook and reheat to an internal temperature of 165°F.

 **Tips:** If peppers are out of season, use cabbage leaves.

If your baby is at least 8–10 months of age, try setting aside a little of the plain ground turkey and rice. Add a plain veggie for your baby to try at dinner. Avoid adding salt or onion.

Nutrition information

Per Serving

| | |
|--------------------|--------|
| 260 calories | |
| Total Fat | 7 g |
| Saturated Fat | 2 g |
| Protein | 24 g |
| Total Carbohydrate | 24 g |
| Dietary Fiber | 3 g |
| Sodium | 410 mg |

 Excellent Source of Vitamin C

 Excellent Source of Iron

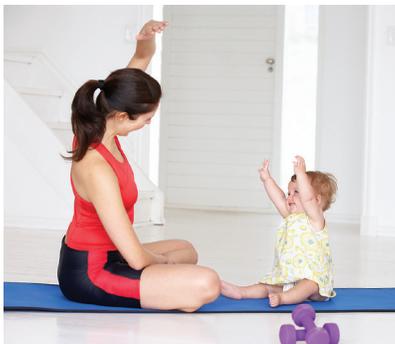
 Good Source of Vitamin A

Ingredients

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can no-salt, no sugar added tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

Directions

1. Crumble turkey into a 1½ quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers.
7. Fill peppers with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.



Take a Stretch Break!

Pick one or two days this week that you can take 15–20 minutes to do some simple stretching. You will be surprised how much better you will feel. If your baby sits up by themselves, include them in your stretching time. You can even do some stretching while you are watching TV or your baby is napping. ***What day this week will you get started?***