

How much should I eat?

Start with 1 to 2 tablespoons of one food in a bowl. Offer me more if I am still hungry.

- Let me eat until I act full. I may close my lips, turn my head, or push food away. Let me stop eating when I want to.
- I need to eat 5 or 6 meals a day.
- Eat with me at our family meals.
- Let's turn the TV and cell phone off so we can talk.

How do you know I eat enough?

The doctor says I am gaining weight and growing well.



Let me eat food with my fingers.

When I am 7 to 9 months, I might want to eat food with my fingers. You still need to use a spoon to feed me. But let me try to feed myself, too.

Ideas for safe and healthy finger foods include:

- Tiny pieces of cooked, soft vegetables and fruits.
- Tiny pieces of cooked meats.
- Dried beans cooked and mashed, eggs, or tofu.
- Chopped noodles or rice.
- Bite size pieces of toast or soft tortilla.

Healthy teeth, healthy smiles

Help me keep my teeth and gums healthy.

- Offer me only breastmilk, formula, or water. Avoid tea, sports drinks, soda, and juice. These do not help me grow and they may hurt my teeth and tummy.
- Do not let me carry and sip from my bottle or cup throughout the day.
- Clean my gums and teeth twice a day with a clean, wet, soft cloth or toothbrush.
- Take me to the dentist after my first tooth comes in, by my first birthday.

Play with me!

- Put me on a blanket on the floor and sit down with me.
- Put a toy just out of my reach so I can move to get it.
- Roll a ball to me. Hold both my hands and let me walk with you.



Look what I can do!

I love to learn from you. Read to me. Sing a song. Let's play games like peek-a-boo and pat-a-cake. Take me for a walk and show me new things. I'm active – keep an eye on me!

6 to 9 Months



- I can sit up and roll over.
- I will start to 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.

Health and Safety Tips

- Take me to visit the doctor when I am 6 months, 9 months, and one year of age. I need checkups and shots to stay healthy.
- Never leave me alone when I eat or when changing or bathing me.
- Make me sit when I eat.
- Never put me to bed with a bottle. I can choke, get an earache, or ruin my teeth.
- Continue to put me on my back to sleep. Do not let me sleep on the couch or in your bed.
- Be sure to ask what food and how much food I had to eat if other people feed me.
- Let me explore and learn. See each room like I will from the floor and make it safe for me.
- Buckle me into an infant car seat when we ride in a car. Install my seat in the car's back seat, facing backwards. It's the law!
- Keep me away from cigarette smoke, vapes, drugs, and alcohol. Those habits are not healthy for you or for me.



Put sunscreen on me when I play in the sun.



Apply a sunscreen every 2 hours that protects against UVA and UVB rays. Make sure the sunscreen has an SPF of at least 30.

Ask the WIC Nutritionist if you need help with any of these tips.



Department of Health and Human Services
Division of Child and Family Well-Being
Community Nutrition Services Section
www.ncdhhs.gov/nc-wic-cacfp
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05/2025 NSB # 4509

Help me be
HEALTHY



6 to 12 months

My name is:

I weigh _____ pounds. I am _____ inches long.

A special note for me: _____

I am your baby

Help me grow best with your love.

Continue to feed me breast milk or baby formula with iron until I turn one.

Breastfeed me after one year if we want. I might drink breast milk or formula four 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.



I know when I need to eat.

I will show you that I am hungry when I:

- Suck on my hand and fuss a little.
- Turn my head and open my mouth.
- Point to or reach for food.



With your help, I will learn to eat solid foods.

If our family has allergies or I was born early, talk to the doctor and WIC Nutritionist before you start other foods.

Be sure that I am ready.

To eat solid foods, I must be able to:

- Sit and hold my head steady.
- Show I want food by opening my mouth.
- Keep food in my mouth and swallow it instead of pushing it back out.
- Show I do not want food by closing my mouth or turning my head.



Food texture

Smooth (strained or pureed)

At first, offer me soft or pureed foods which do not need to be chewed and are easy to swallow.

Mashed (thick, soft lumps)

As I am ready, offer me mashed and lumpy foods. I can use my fingers, tongue, and gums to help me move food around for chewing and swallowing.

Soft (ground/finely chopped, dissolvable)

As I develop more skills for eating, let me try ground/finely chopped, dissolvable foods. I do not need teeth to chew soft foods.

One new food at a time.

Let me taste one new food for several days. Vomiting, wheezing, rash, or diarrhea may be signs I have an allergy to a food.

Stop feeding me the food and tell the doctor.



Food allergies.

Some foods are more likely to cause allergies, such as cow's milk products, egg, peanut, tree nuts, wheat, fish, shellfish, sesame and soy. Introduce me to these foods after I have tried other solid foods such as infant cereal, meat, vegetables and fruits.

Remember:

- If I have allergies or eczema, talk with the doctor about how to introduce the foods that commonly cause allergies.
- **DO NOT** give me cow's milk or plant based beverages (soy, almond, rice) to drink until I am 1 year of age. I can try other cow's milk products, such as yogurt and cheese.
- **DO NOT** give me nuts or a spoonful of peanut butter. I could choke. A small amount of peanut butter can be stirred into infant cereal or yogurt.
- Make sure all foods are soft and in small pieces to reduce the risk of choking.

Keep me safe while I eat.

Wash your hands and mine before you fix my food or feed me. If you heat my food in a microwave oven, please check for hot spots so I do not burn my mouth!

Put my food in a separate dish and feed it to me with a baby spoon, or let me feed myself with my fingers. Throw out all food left in the dish after my meal.

Avoid foods that can make me sick

- raw or undercooked meats.
- raw or soft-cooked eggs.
- unpasteurized fruit juice or cider.
- honey or food made with it.
- cold pre-cooked meats or deli meats.

Choking Hazards

Infants (and children) should be seated and supervised during meals and snacks. Talking, crawling or walking around, lying down, or riding in a vehicle all increase the risk of choking.

For now, avoid:

- Hard foods: candy, nuts, popcorn, seeds.
- Raw foods: vegetables and hard fruits.
- Round, slippery foods: meat or cheese sticks, hot dogs, whole grapes, cherry tomatoes.
- Sticky foods: peanut butter, dried fruits.
- Sharp foods: chips, crackers.
- Chewy foods: tough meats, fruit snacks, chewing gum.



Healthy eating habits

Like all babies, I might spit out the food or make a face when I taste a new food. I will open my mouth if I want more and keep my mouth closed or turn my head if I do not. Do not force me to eat but do offer the food at future meals.

- Offer me a variety of healthy foods from all the food groups. Infant cereals, meats, vegetables, and fruits are full of vitamins and nutrients. Introduce them to me in any order.
- I may need to taste a food 10 times before I decide I like it.
- Offer me foods with iron and zinc, such as baby food meats, iron-fortified infant cereals, mashed cooked beans, or eggs.
- I do not need sugar, salt, or butter added to my foods. I can have a small amount of healthy fat, such as olive oil.
- If you buy baby food in a jar, choose plain vegetables, fruits and meats.

Choose Healthy Foods

• I need them to grow. Here are some ideas:

Infant cereal:	Oatmeal or Multigrain.
Vegetables (cooked):	Broccoli, squash, green beans, carrots.
Fruits:	Peaches, bananas, cooked apples.
Protein:	Beans and lentils (cooked and mashed), cooked meats, scrambled eggs, tofu.

Teach me to drink from a cup

Use a small cup that does not break. Pour a little water into it. Lift the cup so it touches my lips, and I get a taste. I need practice! Let me drink from a cup at meals.

Offer me breast milk, formula, or plain water in a cup. By my first birthday, I should no longer be drinking from a bottle.

