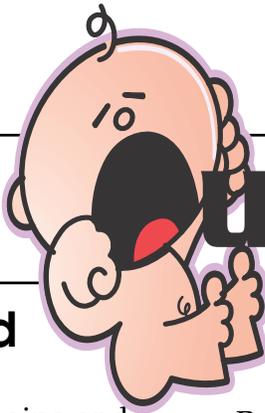


Feeding Your Youngest



Newborn/1 Month Old

Welcome to one of the most challenging and rewarding jobs in the world — feeding your baby! It isn't a complicated task, but all parents have questions, and sometimes the answers — from many sources — can be confusing! Feeding patterns for infants have changed dramatically through the years, so the advice you receive about feeding may vary, too. In this series of newsletters, you will learn to:

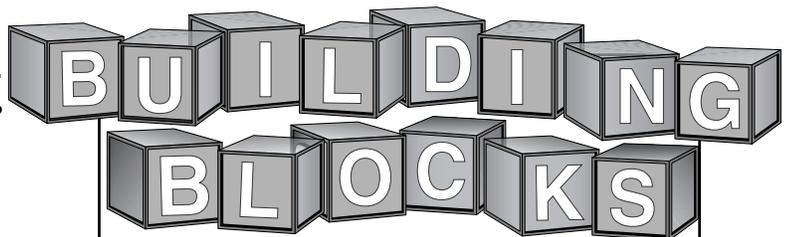
-  understand your baby's needs,
-  read your baby's signals,
-  watch for new skills as your baby develops,
-  enjoy mealtime with your youngest!

A new baby will lead the way when it comes to sleeping and eating patterns. Your newborn will want to eat often — probably every two or three hours. When should you feed your baby? Watch the clock, but more importantly, watch your baby! Babies usually cry when they are hungry. Many babies, if fed when they are hungry, will start to get themselves on a regular schedule in about a month. Occasional growth spurts may make baby need to nurse more often.

Breast milk is ideally suited for the health and growth of your baby, but infant formulas are carefully designed to meet your baby's nutritional needs. If you choose to bottlefeed, your doctor will recommend an **iron-fortified** formula to prevent anemia. Always mix formula according to package directions. Do not give your baby whole cow's milk, skim milk, or 2% milk.

If you feed your baby with a bottle, be sure to hold her so she can see your face as you feed her. Never prop your baby's bottle. Babies can easily gag and choke if the bottle is left in their mouths.

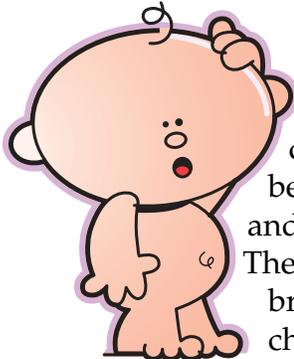
Your baby knows how much he needs to eat — a newborn's tummy only holds a few ounces! You



of Breastfeeding

- Nutritionally suited for baby
- Convenient and ready, at the right temperature
- Less expensive than formula feeding
- Uses energy (calories) mom stored during pregnancy

Breastfeeding Or bottlefeeding?



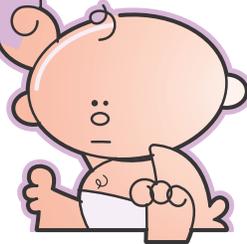
Whichever method you choose, know that your baby benefits from the closeness and comfort of feeding time. There are many reasons why breastfeeding may be the best choice for you.

will know your baby is getting enough to eat if she has six to eight wet diapers a day.

It's best to warm a bottle in a pan of hot water, or hold it under hot running water. Heating bottles in a microwave can be dangerous, because there may be hot spots inside that can burn baby's tender mouth.

A word against honey.

Babies less than 1 year old should not be fed honey, because it sometimes contains spores that can cause a sickness called infant botulism. Older children can



tolerate these spores, but honey is not safe for babies. This includes honey baked in graham crackers, breads, and cookies — avoid all honey until after your baby's first birthday.

Remember, only breast milk or formula for your 1 month old. Your baby is perfectly nourished by breast milk or formula at this age, and is physically not ready for solids. We'll talk about the introduction of solid foods later, when your baby is at least 4 months old.



For now, enjoy your new little one!

References:

Minnesota Extension Service. (1996). Feeding the one month old. University of Minnesota.
Satter, E. Child of mine: Feeding with love and good sense. (2000). Palo Alto, CA: Bull Publishing Co.

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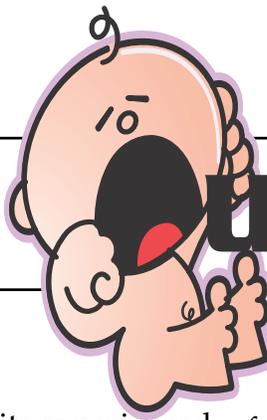
PK-10

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Feeding Your Youngest

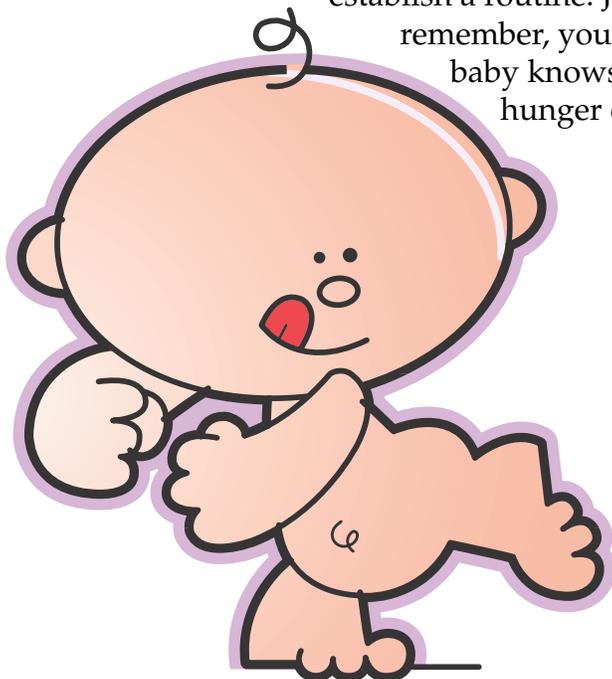
2 Month Old



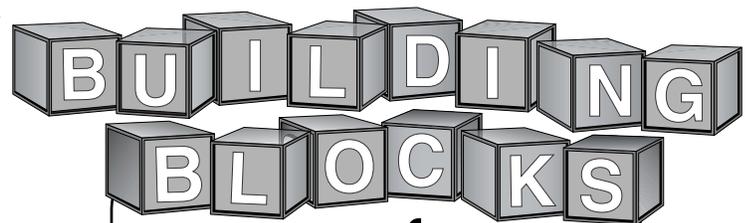
By now, you and your baby are quite experienced in sharing feeding times, whether you are breastfeeding or bottlefeeding, or combining the two. You are probably noticing smiles and signals from your baby, too, and those signals can help you become very good at the give-and-take process of infant feeding.

Your baby knows how much he needs to eat, and that amount will vary from day to day. Babies at age two months cannot push food (the bottle) away, so we must recognize the signals she gives when she is full. A baby who has had enough will lose interest in feeding — maybe slowly, or perhaps suddenly, and release the nipple. At this point, it is important to follow your baby's lead. The best feeding approach is one that is controlled by baby rather than controlled by you.

Not only does your baby know how much to eat, she also knows how **often** she needs to eat. Many parents attempt to get baby on a schedule, or to establish a routine. Just remember, your baby knows hunger or

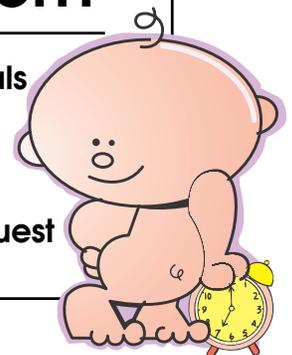


fullness, but not how to tell time! So it is our task to follow his lead, and feed on demand, not by the clock. A hungry baby whose "requests" for food are met quickly will feel assured and comforted, and you have laid the foundation for good eating habits in the future!



of How Much?

- Baby will give signals
- Follow baby's lead
- Feed at baby's request



Right now, your baby needs no other nutrition but breast milk or iron-fortified formula. That's ideal, since the 2-month-old baby can only root and suck — she isn't able to chew, or even to swallow thicker liquids or thin solid foods yet. Sometimes, well-meaning family or friends recommend offering baby solids (usually cereal) to help her sleep through the night.

While it is probably true that your baby wakes up because she is hungry, it is also true that she is not developed enough yet to need or tolerate solid foods. She will probably develop the ability

to move solids to the back of her tongue, and swallow them, at around age 4 to 5 months — at the same time she will be able to better digest the new food. It will make both of your jobs easier if you wait to introduce solids!

We'll talk more about adding those solid foods and juices later, as your baby grows and develops. Now may be a good time to talk about mom going back to work. If you are breastfeeding your baby, you may want to pump breast milk for the feedings you'll miss. This works well for many working mothers, but it is important to handle the milk safely. Breast milk can be frozen in a bottle and thawed in the refrigerator. When frozen immediately, breast milk keeps in the

freezer up to three months. Perhaps you will use formula for feedings while mom is working, and the at-home feedings will continue to be breastfed. If iron-fortified infant formula is your choice, you will want to prepare the bottles ahead, or check with your caregiver to be sure your instructions are followed. Remember, bottles should not be heated in a microwave — there's too great a risk of baby being burned when the liquid is hot and the bottle is not.



Next month, we'll talk about the importance of cuddling while feeding your youngest!

Reference:

Satter, E. Child of mine: Feeding with love and good sense. (2000). Palo Alto, CA: Bull Publishing Co.

Duyff, R.L. American Dietetic Association complete food and nutrition guide (2nd ed.) (2002). Hoboken, NJ: John Wiley and Sons.

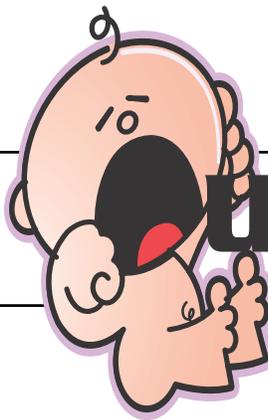
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Feeding Your Youngest



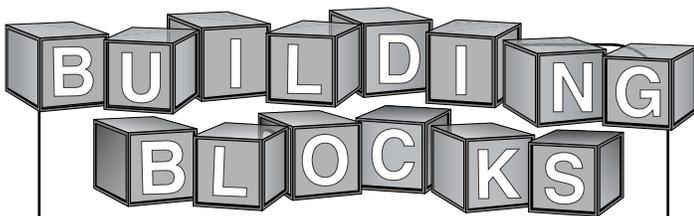
3 Month Old

You and your baby are quite a team by now. Most parents see a pattern or regularity to baby's appetite and feedings by 3 months of age. But baby is the one in charge of when and how often to eat. There will be times when she sleeps longer than usual, and wakes up extra hungry. She may even need to eat twice in a short period of time, to make up for the extra calories she skipped while she slept. It is perfectly normal — but not always predictable!

Baby still benefits from those close feedings, where the cuddling and conversation he receives with the feeding are so important to his development. He learns to be social and to associate food with positive feelings. Remember that your baby needs to be fed by someone — you, a brother or sister, a caregiver — and not just

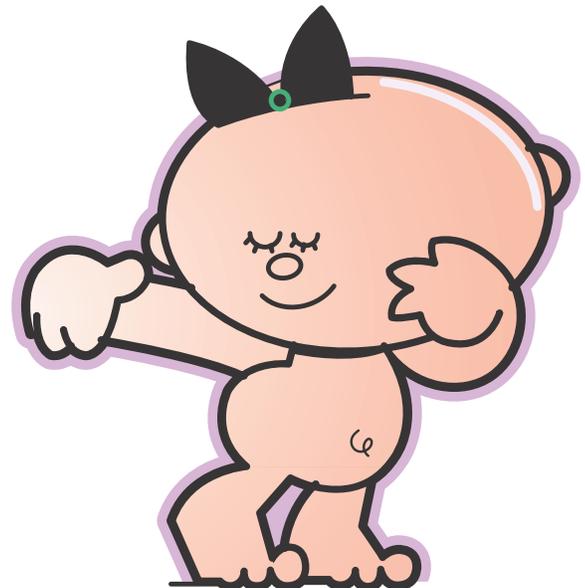
propped up with a bottle. Not only is this important to your baby socially, but proper positioning will help prevent pooling of milk that can lead to ear infections. Also, you can prevent tooth decay or "bottle mouth" by never putting baby to bed with a bottle.

You may be thinking "How much should my baby be growing? Is she growing fast enough? Is she growing *too* fast?" These are questions that most parents wonder about, and the baby's doctor is thinking about it, too. Chances are your little one has been weighed and measured each time she has visited the doctor. While your baby's growth is important, it is also important to remember that each baby will grow at a different rate — a rate that is probably just right for her. An infant typically gains 4 to 8 ounces per week in the first six months. But a word to the wise here about chubby babies — relax. A chubby baby is not necessarily a future fat adult. Follow your baby's hunger signals, and remember all the growing and activity that is ahead for your baby!



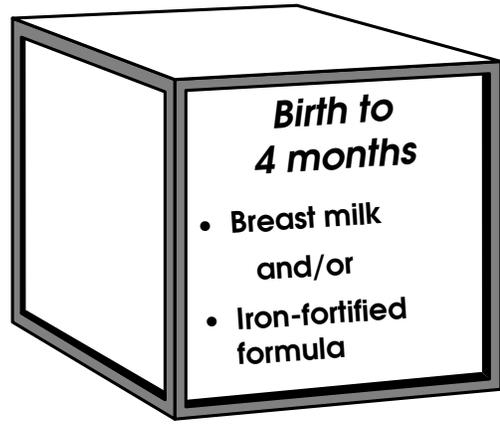
of Baby's Growth

- Each baby is different
- Chubby baby? Relax!
- Follow baby's signals, appetite and growth will vary



Foods for the First Months

By now, you may be thinking about solid foods for your baby, but it is not quite time yet. Typically, most babies begin solid food — probably infant cereal — between ages 4 to 6 months. By age 4 months or so, your baby will develop enough to be able to swallow and digest very soft solids, and can move food from the front of her tongue to the back. So, it won't be long! Watch for these signs with your baby, but for now, continue the formula or breast milk feedings without other foods added in.



Enjoy the beauty of feeding your youngest!

Next month, we will talk a lot about what solid foods baby is ready for, and how to know that he *is* ready!

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Minnesota Extension Service. Feeding the 3 month old. (1996). University of Minnesota.
Satter, E. Child of mine: Feeding with love and good sense. (2000). Palo Alto, CA: Bull Publishing Co.
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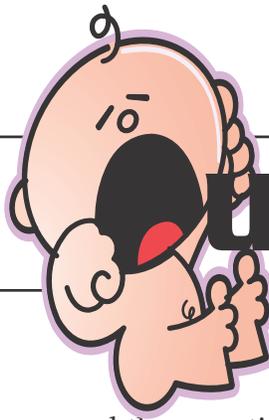
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Feeding Your Youngest



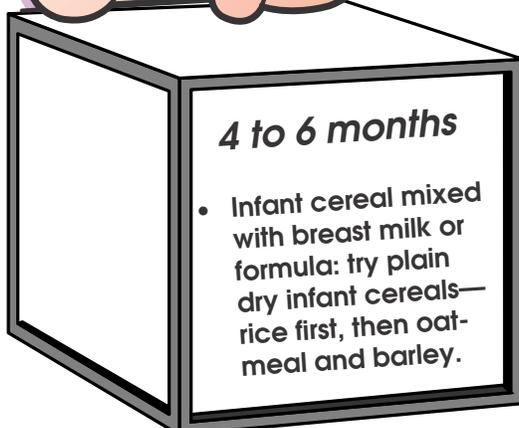
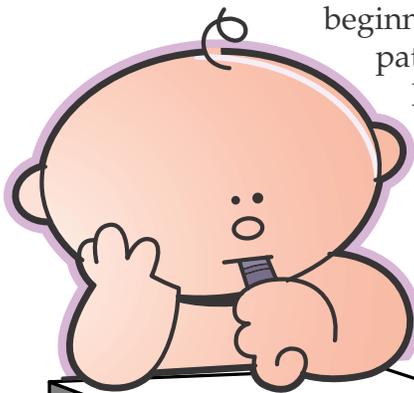
4 Month Old

Your baby is growing and changing — and these changes tell us she's ready to begin some gradual changes in her diet. There are no hard and fast rules about when to add solid foods to baby's diet — but it is best to let your baby take the lead.

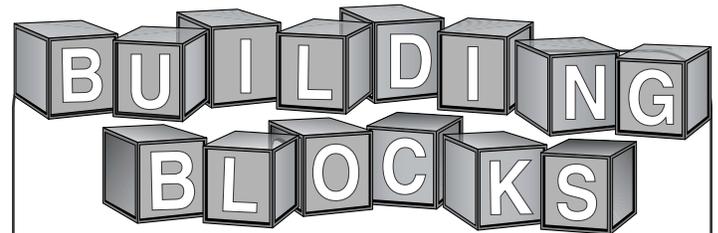
It is better for your baby to wait to start solid foods until he is ready for them. It will also be easier on you if you wait until your baby shows these signs of readiness:

-  Sitting up
-  Drooling
-  Hands begin to go to mouth

At age 4 months, the infant is also showing a move beyond just sucking abilities — he now is beginning a swallowing pattern. This will help him move food to the back of the tongue and swallow without choking. So now, or very soon, is the right



time to gradually introduce first solid foods, such as infant rice cereal, to baby's diet! Talk to your doctor before starting your baby on solid foods.



of Feeding Your Baby

- Pour 2-3 tablespoons of breast milk or formula into a small bowl. Stir in about 1 tablespoon of infant cereal.
- Seat the baby on your lap, or in an infant seat or high chair for feeding.
- Use a small spoon to feed the baby.
- Never force your baby to eat more than he or she wants. A couple teaspoons is enough for the first several feedings.
- Introduce one new food at a time.

Why is rice cereal, added at 4 to 7 months, a good first solid food? There are several reasons. First of all, infant cereals are iron-fortified — and baby needs iron added to the diet somewhere around month 4 to 6. Your full-term baby had iron stored when he was born that lasted until this time. But soon he will need food sources of iron to prevent anemia, especially if he is breastfed and not receiving iron-fortified formula.

Another reason cereal is ideal for a first food is that you can control the texture and thickness. Right now, your baby will best tolerate a smooth, semi-liquid texture. Later, when she is older and has mastered swallowing, she will like a thicker, lumpier texture. Mix the cereal with breast milk or formula — this gives baby good sources of protein, carbohydrate, and necessary fat.

Rice cereal is often chosen for baby's first food, because it is least likely to cause an allergic reaction. As you introduce solid foods into your baby's feeding pattern, you will want to introduce them **one at a time**, and closely watch how baby tolerates the new food. If he shows signs of a rash, sheezing, diarrhea or vomiting, it could be a reaction to a food. Call your doctor to be sure. More on introducing foods to baby next month!

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- Minnesota Extension Service. Feeding the 4 month old. (1996). University of Minnesota.*
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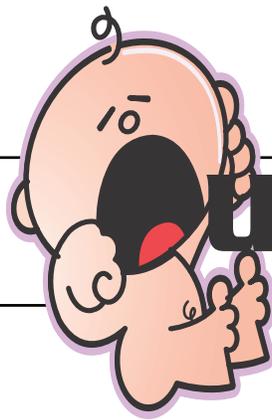


Some parents think about starting solid foods because they hope it will help baby sleep through the night. However, most babies don't get to the point where they can sleep six or seven hours at a time until age 3 or 4 months. It has more to do with the slowing of their growth rate than the satisfaction of their diet. But, that night will come — eventually!

Those nursing and bottle-feedings are still the main source of nutrition for your baby, and for right now, solid foods are adding limited calories and nutrients. Those familiar bottle or breast feedings will reassure your baby as she ventures into the new world of solid food.

Enjoy these exciting times feeding your youngest!

Feeding Your Youngest

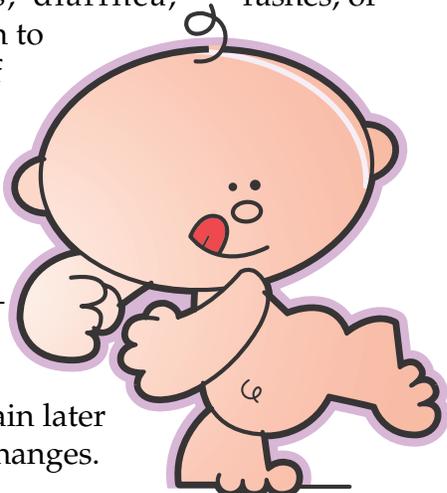


5 Month Old

By now, you and your baby have probably begun exploring the exciting world of solid foods. If you haven't added a solid food — like infant iron-fortified cereal, for example — now is an excellent time to start! Your baby has developed in many ways that signal she is ready for the challenge of solid foods. She sits up with support, and may open her mouth for her bottle or a spoon of food as it nears.

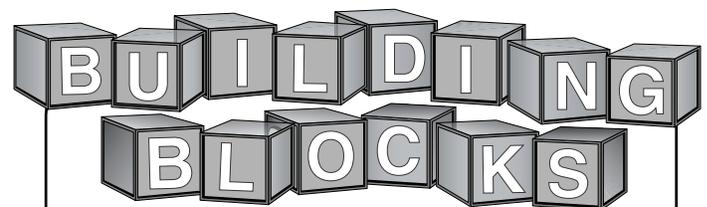
There are many beliefs about when and how to introduce your baby to solid foods. Well-meaning family members and friends may offer advice that may be different than your baby's doctor, the dietitian, or other health professional. In fact, this part of child feeding has varied widely in the past hundred years! The truth is, this IS a time of constant transition — as your baby develops, the foods he needs must change to meet his physical and nutritional growth.

So, how do you introduce solid foods to your baby? One at a time! It is important that your baby "meet" each food separately, and that you watch her response to the food. Try out the food for three to five days, and check for any reactions like stomach aches, diarrhea, rashes, or wheezing. Then go on to the next food. What if baby dislikes a new food? Take no for an answer for awhile, and try it again later. If he still refuses it, take his word for it — we all have foods we just don't like! You may want to try it again later to see if his opinion changes.



Not only do you want to slowly introduce the *number* of foods your baby eats, you'll also want to slowly increase the *amount* and *texture* of solid food in baby's diet as well. Start out with one cereal feeding daily, and work up until she is taking two meals daily for a total of 1/3 to 1/2 cup. By this time, baby will probably be 6 to 8 months old, and ready for stiffer, lumpier cereal. You and your baby are slowly and steadily working toward the goal of table food that the whole family will enjoy together!

Is baby "helping" with his feeding? Although this is a good sign, it can make feeding a challenge. One tried and true suggestion may help. Use two spoons — one for you to feed with, and one for baby. This work your baby is doing will help develop his skills, but it will be messy. Children learn a lot about food from touching (and tossing!) their food. Their "food play" is an important part of their development, and it helps them accept new foods and textures.



of Introducing Solid Foods

- One at a time
- Watch reaction
- Offer disliked foods again later
- Slowly increase amount and texture

One word of caution. At this age, you should still continue to depend primarily on greater quantities of breast milk or formula to make up most of your child's feeding. For the first year, until your baby is well-established on table foods, she will need mostly milk feeding calories, not solid food calories.



Does your baby have a pearly tooth or two yet? Although teeth “show up” in different babies at different ages, it is not too early to start caring for them now — even if they aren't showing yet! Your baby will get used to the idea of dental and mouth care early if you start now by cleaning her gums with a clean damp washcloth or gauze pad after each feeding.

Reference:

Satter, E. *Child of mine: Feeding with love and good sense.* (2000). Palo Alto, CA: Bull Publishing Co.
Duyff, R.L. *American Dietetic Association. Complete food and nutrition guide (2nd ed.)* (2002). Hoboken, NJ: John Wiley and Sons.

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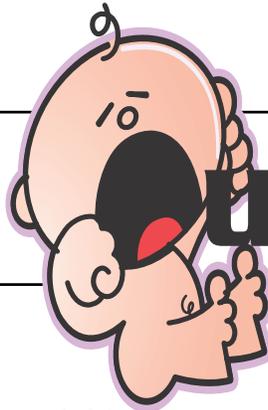
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We talked before about baby not going to bed with a bottle of any kind — this is so important to prevent tooth decay. If you live in an area where the water is not fluoridated, your doctor may recommend a fluoride supplement for the breast fed baby. All of these practices will help assure that your baby has healthy teeth and a sparkling smile in the years to come.

From tooth care to texture in his food, each of these topics is important in the growth and development of your baby. Although this time of transition is a challenge, it is so exciting for your baby.

Enjoy the challenge of feeding your youngest!

Feeding Your Youngest



6 Month Old

Your 6-month-old baby is starting to eat solid foods, and appears interested in food and family at mealtime. Last month we talked about starting cereal — probably infant rice cereal first, and possibly barley next. Wait to introduce wheat flour in any form until later — age 7 months is typical — because of the higher chance it may cause an allergic reaction in your baby.

After your baby is comfortable with iron-fortified baby cereal, you will want to begin adding fruits and vegetables to her diet. Some pediatricians recommend beginning with vegetables, to be sure these flavors are well accepted before the sweeter fruits are introduced. The main goal in adding vegetables and fruits is to gradually shift baby's primary source of vitamins A and C to solid foods and eventually, away from formula or breast milk.



Enjoy that bewildered look of amazement when baby first tastes vegetables. You may start with pureed fresh or frozen cooked vegetables, or you may decide to buy commercial baby food. If you do prepare your own baby foods, remember that the excitement your baby finds in the food comes

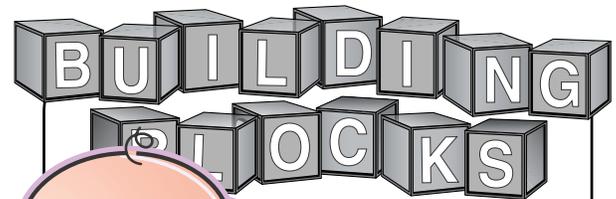
from the food itself

— there is no need to season baby's food. Canned

vegetables have too much sodium or salt — baby doesn't need salt, and it is too hard for her body to break down.

Remember to introduce new vegetables and fruits one at a time. Watch your baby closely for three to five days after introducing a new food. If your baby is sensitive to the new food, he may have a reaction. For this reason, mixed foods — like mixed cereals, mixed vegetables, baby casserole, or dessert items — need to wait until your baby has tried each ingredient individually, to be sure they are tolerated.

Now is a good time to introduce your baby to fruit juice. We haven't mentioned it before now, and with good reason. Fruit juice adds only carbohydrate to your baby's diet — and probably will replace more nutrient-dense food (like formula or breast milk) if started much before age six months. But baby needs a daily source of vitamin C in her diet, and juice or fruit is a great way to do it. At this age, a 1/3 cup serving per day of a vitamin C-rich fruit or juice is enough.



Fruit Juice FACTS

- Best to offer from cup
- Serve 100% juice—not juice drink
- Look for vitamin C on label
- Don't overdo! 3 ounces of juice a day is enough—more may spoil baby's appetite

Because juice is a very concentrated sweet, you may want to introduce it and the drinking cup at the same time. This way, there is less chance for baby's teeth and mouth to be over-exposed to the sweetness. Baby will be so excited about the flavor of juice that her ability with a cup will develop quickly!

What kind of juice should you first introduce? Again, a single-flavor 100% juice, not a blend of flavors, would be best until you are sure each separate ingredient does not cause an allergic reaction with your baby. Often, apple juice is the recommended first juice for baby. But be a label reader! Your baby's apple juice should either be infant-pack (with added vitamin C) or an "adult" pack apple juice with vitamin C added. There are a few brands with added vitamin C, but check labels to be sure. Citrus fruit juice, like orange juice, is usually introduced later —

at around age one — because it frequently causes an allergic reaction or stomachache/diarrhea in a younger baby. Be sure you only offer pasteurized juice to your baby.

Your baby's food patterns are starting to resemble those of older family members. He eats cereal at one or two feedings each day, drinks a vitamin C-rich, 100% juice from a cup, and works to pick up small pieces of soft, "gummable" foods offered — probably vegetables separated from the family's meal before seasoning, and dry cereals — probably rice or oat. Has baby joined the family at mealtime yet? She will benefit so much **from** the social aspect of your meals, and she will definitely add life **to** each family meal.

Next month, we will explore adding table foods as we feed our youngest!

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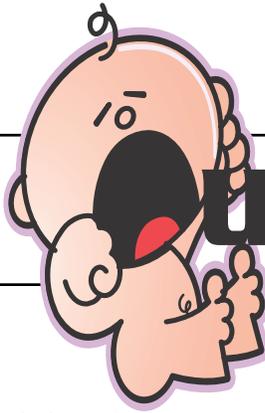
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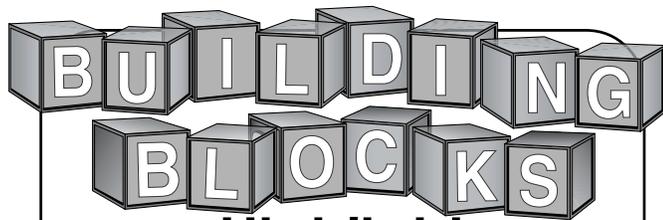
Feeding Your Youngest



7 Month Old

Last month, we talked about baby joining the family for meals. During these weeks and months of rapid skill-building and development, your baby will grow much more capable — she will be sitting in the high chair, showing good hand-mouth coordination, an increasingly more accurate grasp, and developing chewing abilities. At seven months, these skills are probably just beginning. But most babies will have most of these abilities by 10 months.

Your baby's digestive system is also maturing. Around age seven months, babies have an increased ability to digest varied foods. This fits nicely with his increased skills — he is physically able to tolerate the foods that he is developmentally able to get to his mouth and eat. He is truly in a time of transition — and the challenge is recognizing his changing abilities, and keeping up with them!



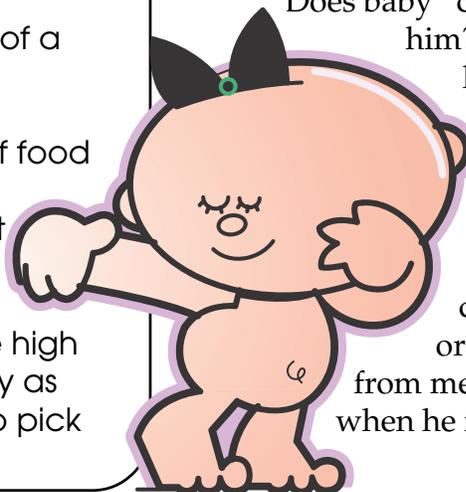
Highlights of Feeding a 7 Month Old

- She is changing from eating on a hunger/demand schedule to one that fits more closely with the family eating pattern.
- Eating is becoming more of a social event.
- The texture and beauty of food fascinates your baby — “exploration” is important to her development, but it **will be messy**. Offer soft pieces of food on the high chair tray, but maybe only as much as you are willing to pick up off of the floor!

By now, the infant iron-fortified cereal you offer your baby is thicker and lumpier, and she will be attempting to “chew” and manipulate the food. When you see this, you will know that you can offer her fork-mashed cooked or even diced vegetables and fruits. Although baby foods are nutritious, they are not challenging your baby's eating skills. Your baby is growing in many ways, and the texture, size, shape and “bite” of her food will challenge her motor skills. She will be fascinated by the “newness” of food as she moves from smooth to thick, to lumpy, firm and eventually, as a toddler, to chewy and crisp!



Does baby “clam up” when you try to feed him? He's not being stubborn — he'd like to try it himself! Again, be sure the food is small, soft and mashed up, but let him try. A note of caution, however — meat does not gum well, and can cause choking. If baby is still nursing or taking formula, the protein from meat is not as essential as it will be when he moves to table food.



At 7 months, your baby is probably ready to be introduced to wheat products, unless there is a history of a wheat allergy in your family. Once your baby is comfortable with wheat foods, you can offer pieces of crackers, small cubes of soft bread, and varied cereals for her to pick up and eat. Even noodles and macaroni make great finger foods, and will help baby move toward table food.

Some babies and parents decide to work toward weaning at this age, especially if baby is active and interested in the cup. He still needs breast milk or formula until he's a year old, but you

may want to serve it in a cup at mealtime, and decrease breast or bottlefeedings. Often, nursing or bottlefeeding continues at bedtime, and continues to be a close time for baby and caregiver.



Next month, we'll talk about adding meat to your baby's diet.

For now, they may not be neat, but enjoy your baby's growing abilities while feeding your youngest!

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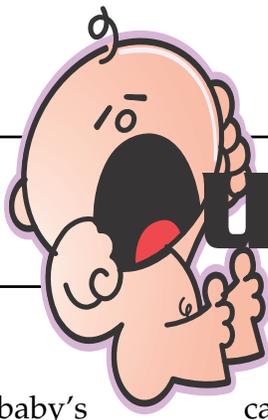
PK-10

July 2003

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Feeding Your Youngest

8 Month Old

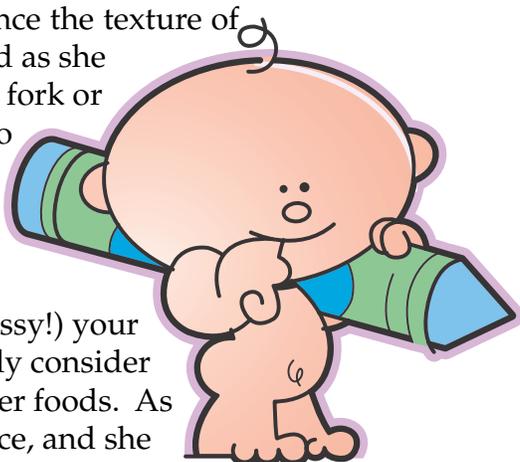


Last month, we talked about your baby's changing abilities and a gradual increase in food texture and variety. When your baby begins eating table food — somewhere between 7 and 10 months — you will want to consider adding meat to her diet.

Until now, your baby has been busy experimenting with the texture and flavors of cereal, vegetables, and fruits. He has gotten iron from infant cereal and plenty of protein from formula or breast milk. But as your baby works up to three meals a day, that protein source will begin to drop. Meat, poultry, and fish are great choices to replace the protein.

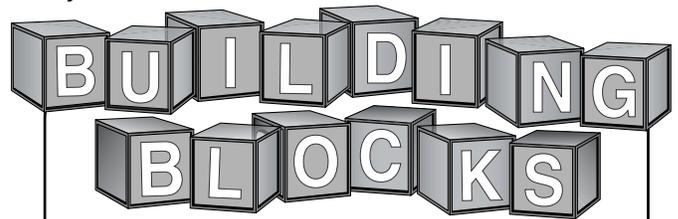
Introducing meat can be a challenge, because your baby only has limited teeth, and they aren't the ones needed to handle some types of meat. Some foods, such as hamburger or tender poultry, won't be a problem. Tougher meats probably need to be ground, or cut very fine — in about 1/8 inch pieces. After cutting or grinding, you will probably need to add a little moisture — broth, breast milk or formula, or even a favorite vegetable. Fish is a tender protein food, but it can cause allergic reactions in some babies, so introduce it carefully.

Be sure to advance the texture of your baby's food as she advances. Use a fork or potato masher to remove lumps. Again, although it will be a bit messy (maybe a lot messy!) your baby will happily consider these foods finger foods. As her skills advance, and she



can pick up foods with her fingers instead of palm-grasping them, she will get neater.

Here is a quick list of baby feeding safety tips. Consider your baby's skills and abilities at each meal — during this time of transition, your challenge will be to keep up with your baby's abilities while not offering textures and foods he can't yet master.

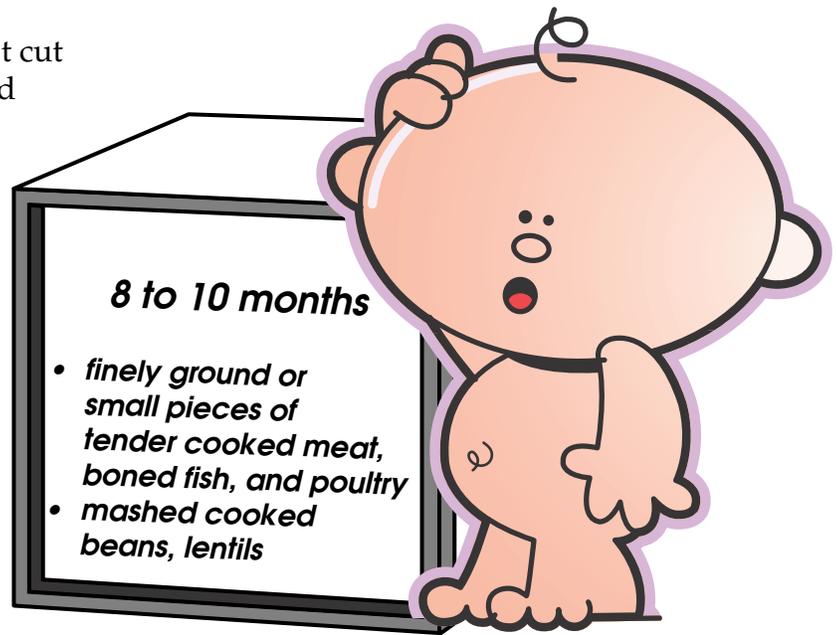


Feeding Safety Tips

- Adult supervision is a **MUST** — your baby needs the **safety** of a grownup watching closely while he is eating. It's also a social time for him — and you!
- Remember to serve baby's food unseasoned.
- Don't give **honey** to a baby less than 1 year old.
- Avoid foods that are likely to cause choking — corn, nuts, popcorn, raw carrot coins, seeds, grapes, hot dogs (can be cut into 1/8 to 1/4 inch pieces and served).
- Be sensitive to hot foods — they will seem extra hot to your baby! It's OK to serve foods cold — most babies don't mind.

When you choose foods for your baby, don't cut out fat. Young children need the calories and nutrition fat adds to foods. Plus, fat in foods adds flavor — just what we like when we try a new food!

Next month, we'll learn about finger foods and snacks. With an 8 month old, change is the key when feeding our youngest!



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- Minnesota Extension Service. Feeding the 8 month old. (1996). University of Minnesota.*
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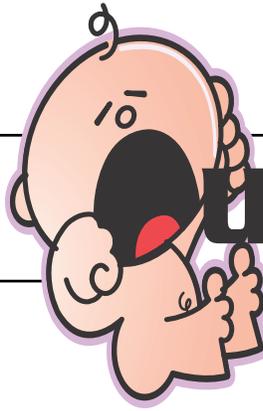
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PK-10

July 2003

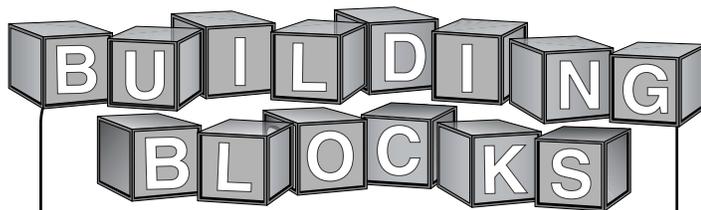
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Feeding Your Youngest



9 Month Old

By now, your baby has developed a long way toward independent feeding. Ideally, his meals are with the rest of the family, and he is assisting you (or are you assisting him?) with his feeding. At age 9 months, your baby is developing a more precise grip — he can pick up items with his thumb and forefinger now. Think of the many finger foods you might offer.



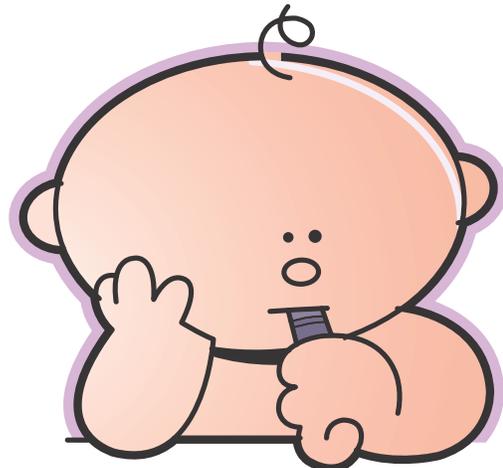
Finger Foods

- Small pieces of soft, mild cheese (keep small to prevent choking)
- Cooked vegetable strips — potato, carrot, peas, green or waxed beans, zucchini
- Soft toast
- Pieces of tortilla
- Rice
- Peeled soft fruit wedges or slices
- Small bites of bagel
- Soft, tender small pieces of cooked meat or chicken

One note about variety. Your baby is an individual and may have likes and dislikes you do not have. Be sure to offer her a wide variety of foods — even occasionally ones you may not like. She is at the age to form opinions about food, but right now, when food is an adventure, she is especially open to discovery!

This month you should continue to advance the texture and variety of your baby's diet. Remember, one goal of feeding your youngest is to continuously evaluate her abilities and readiness, and to move toward the ultimate — table food! Some babies are ready sooner than others, and some babies have more spirit of adventure and discovery, and may be more open to the change to solid foods. As we have said before, the most successful parents are those who follow baby's lead.

Babies vary in how they view bottle or breastfeeding at this point. Some babies really want and need the closeness of the bottle/ breastfeedings, and it is comforting to them to continue. Others are so curious and independent that they seem almost insulted by the calming routine. Your baby may be somewhere in



between. Just follow baby's lead, and adjust the amounts of solids and liquids you offer at meals and snacks. By now, if your baby is eating solids — table foods, especially — you may want to offer the milk feeding *after* the meal, to encourage baby's move toward a more solid diet.

Speaking of snacks, your baby will probably do well with in-between meal feedings, because he still doesn't have the stomach capacity to go straight from one meal to the next without "refueling." This way, baby can manage to eat with the family, without becoming too hungry between meals.

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- Minnesota Extension Service. Feeding your 9 month old. (1996). University of Minnesota.*
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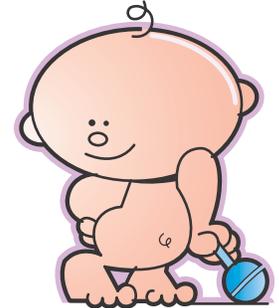
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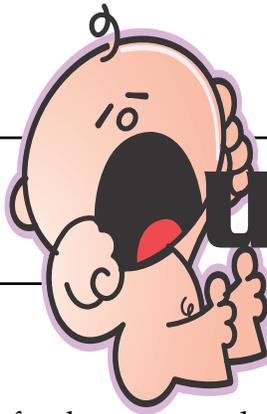
Next month we will talk about your baby's increasing abilities with a spoon!

Look how far you have come in nine quick months. Relax — you and your youngest (the real expert in this) can savor the flavor of successful feeding!



Feeding Your Youngest

10 Month Old



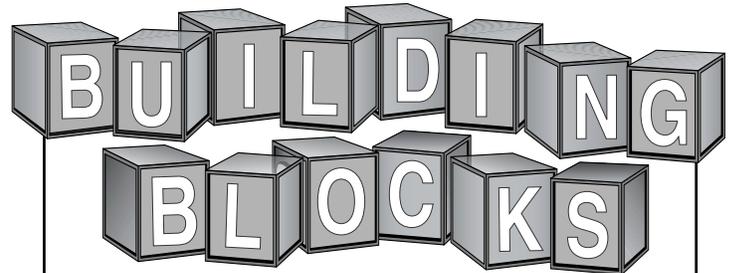
Last month, we talked about finger foods — a great way for your child to exercise his independence, discover the texture of food, and to get to the point of getting that exciting food in his mouth! Finger foods are important — they are practical and challenging — but you will want to encourage your child to become capable with a spoon as well.

We mentioned back in Month Five that your baby would accept feeding better if she had a spoon to “work with.” By now, she is probably trying hard to spoon food to her mouth — and this may be trying your patience! But take comfort in the fact that most babies don’t become really good with a spoon until after their first birthday, and you are assisting your child’s development. You will probably become skilled at “taking turns” with your baby — she will put in a spoonful, and if she isn’t *too* independent, she may let you offer a spoonful too!

What new foods is your baby ready for? Babies vary somewhat in what they can tolerate, and professionals vary somewhat in their recommendations, so you may hear conflicting ideas. Recent thinking supports **waiting until baby’s first birthday** to introduce some foods that have been particularly likely to cause allergic reactions. These foods include peanuts and peanut butter, tree nuts, soy, shellfish, milk, and egg whites. In general, your child is probably ready for cooked egg **yolk** at this age — just save egg whites until after his first birthday.

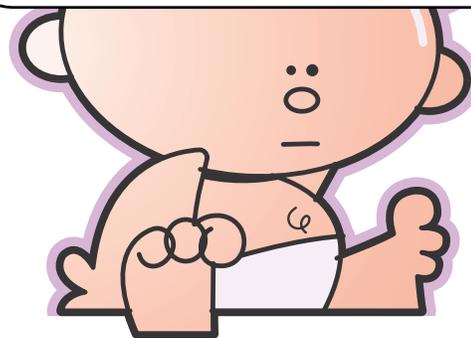
While it is important that your baby has soft, moist food as she works to master table food, be sure the food is thoroughly cooked. Cook meats, poultry, and egg yolks until well done, because

babies are particularly likely to become ill from eating undercooked protein foods.



Praise the Progress

- **Be patient!**
The mess is actually progress.
- Expect baby’s tastes to change. If a food is refused, try it a few days later.
- Show baby what you want her to learn. Use a cup, or spoon, and enjoy food!
- Expect cup-drinking to be “leaky” — at least at first.
- Praise your youngest for even small successes!



Continue to offer a variety of new foods and textures to your child — you're helping her become a capable, competent eater for life. While you are working to advance your baby's diet, remember that she is working hard to master these new skills. Take a moment to praise those efforts — even if the process gets messy at times!

Have you noticed how we've gone back and forth between "baby" and "child" in this month's newsletter? It fits, doesn't it? Your baby is moving toward the toddler stage and is gradually leaving behind many of the baby feeding and developmental traits he had. At the same time, he may try a new skill, then resort to familiar methods. Your patience, support, and good

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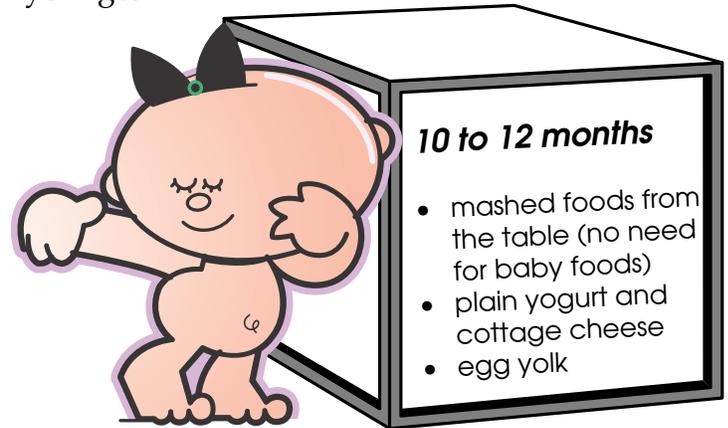
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July 2003

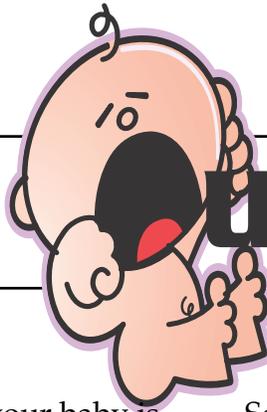
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humor will help your child move smoothly into toddler-hood.

Until next month, when we'll talk about weaning, best wishes in the feeding of your youngest!



Feeding Your Youngest



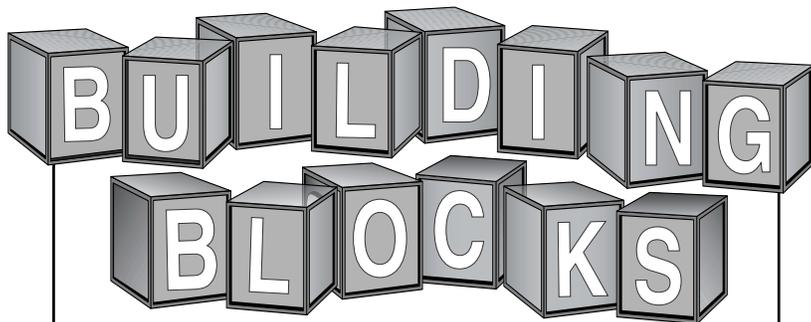
11 Month Old

Last month we talked about how your baby is moving toward becoming a toddler in some ways. He may seem more like a young toddler than a baby in his eating patterns, and this will present new challenges to you, the parent. With a little cutting, mashing and thought, table food can make up most of your child's diet by now. He is probably drinking breast milk or formula from a cup with meals, and demanding to join in at family meals, if he is not already included.

When your child eats table food and has started drinking from a cup, weaning can be completed.

Sometimes this is harder for the parent than it is for the child! Weaning from bottle or breast-feeding is a gradual process, and varies in length of time from one child to the next. Again, be sure to follow your child's lead — as her interest in table food and the cup grow, she may lose interest in bottle or breastfeeding, at least at mealtime. Breastfeeding or bottlefeeding may still be baby's choice for between-meal snacks and for late-night and early morning feedings.

This month's building blocks offer hints to help in the weaning process.



Hints for Weaning

- Weaning is an individual matter for mother and baby.
- **Gradually** decrease the number of times your child gets breast milk or formula each day.
- **Be consistent.** For example, if you have stopped giving your child a bottle at noon, do not "give in" on a bad day.
- Give a fussy baby **extra attention** (and a drink from a cup) instead of a bottle or the breast.
- Do not begin weaning when your child is sick or upset.

One sure sign of your baby's growing up is an increased independence. Your baby will want to feed himself, and may resist your efforts to "help." This is not a neat, clean time in your child's feeding experiences, but that is expected and actually needed for his development. He will learn that meals are pleasant, food tastes good, and that he is a pretty smart person for being able to feed himself. He doesn't know about messy and naughty habits yet — those are our views of events. So, remind yourself that this stage will pass, prepare an area that is



cleanable afterwards, and join your child for a pleasant meal! Your child will repay your attentiveness to his “requests” by becoming a more reasonable, agreeable toddler.

It is time for a reminder about nutrition. Your baby still is fairly young, and only can hold a small amount of food and liquid at a time. Be sure that food and drink is healthy and nutritious! Sometimes parents or relatives think it is cute to offer baby soda pop, candy or rich desserts. Babies are even more attracted to sweet and sugar than adults are, and their strong liking of sweet, “empty calorie” foods — foods that add calories, but not much else in the way of nutrition

— will develop quickly if they are introduced to these foods. So, *resist* the urge to offer these foods to your child. There will be plenty of time later for her to discover them. Right now, offer nutritious meals, snacks, and drinks. Fruit, breads, juices, and vegetables will taste special to your baby, and you will be doing her (and her teeth!) a great favor.

Next month we will be talking about your baby turning a year old. We will discuss continuing baby cereal, as well as portion sizes.

Enjoy the interaction of feeding your youngest!

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- Minnesota Extension Service. Feeding the 11 Month Old — Growth spurts. (1996). University of Minnesota.*
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Duyff, R.L. American Dietetic Association. Complete food and nutrition guide (2nd ed.) (2002). Hoboken, NJ: John Wiley and Sons.
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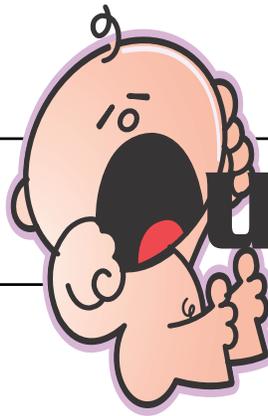
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PK-10

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Feeding Your Youngest



12 Month Old

What an exciting time for your baby and you! As your baby approaches his first birthday, he is displaying many skills and abilities that he is learning and mastering. In many ways, he closely resembles an older child. Though he is moving in that direction, we want to talk about some unique needs of the 12 month old.

For starters, your baby still needs the excellent nutrition of iron-fortified infant cereal, until about age 18 months. There are many kinds and flavors out there, so baby will enjoy the variety. The iron in this cereal is more readily used by your baby, and is so important to prevent anemia.

Another question that may come up about this time is “what should my baby be drinking?” Most pediatricians and health-care professionals encourage parents to continue breast milk or infant formula until one year of age. At age 12 months, your baby is probably ready for cow’s milk, and it needs to be **WHOLE** milk. Why is whole milk important? The fat in whole milk is essential to the proper development of your

baby’s nervous system. Your baby doesn’t get much fat yet from other foods in her diet, and fat is needed for good health. You will want to continue whole milk until your child is 2 years old. After that, a lower fat milk will be a good choice.

You might notice that your child’s appetite may not be as big as it was at age 8 or 9 months, or you may see that your child is hungrier at meal and snack times than before! Babies have growth spurts, and will be hungry for energy to support their growth. Your baby may be walking by now, or crawling rapidly from here to there. All that exercise needs fuel! So how much do you feed your baby?

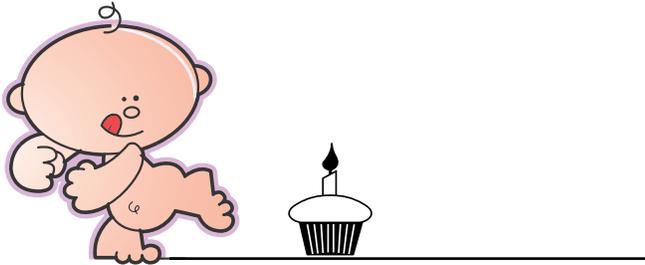
At the least, baby should receive these amounts each day:

Milk	16–24 ounces
Fruits and vegetables	5 servings, each 1–2 Tbsp. —vitamin C source: 3 ounces daily —vitamin A source: 3 times weekly
Breads and cereals	4–6 servings daily, each about 1/4 the adult serving size
Meats, poultry, fish, eggs, dry beans	2 servings daily, each about 1/2 ounce



This will serve as a guideline — not every day will fit perfectly into this pattern, but the amounts and variety outlined here are important for baby's growth and health. Check this month's building blocks for good food sources of vitamins A and C.

Happy mealtimes, and best wishes to you in feeding your youngest!



BUILDING BLOCKS

Foods high in...



vitamin C fortified
infant juice
broccoli
oranges, orange juice
cantaloupe
strawberries
grapefruit
spinach



apricots
carrots
yellow squash
pumpkin
sweet potatoes
broccoli
spinach
mixed vegetables

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