

6-9 Month Info Sheet

As you introduce new solid foods, remember

- Allow only 1 new food at a time
- Watch for any rash, vomiting, or diarrhea to develop within 15-60 minutes. If it does, stop the new food and contact your provider.

Suggested Diet for 6-9 months

Milk Breastfeed on demand or offer **20-24 oz** of IRON FORTIFIED formula per 24 hours. Vitamin D supplement with Iron should be given to infants who are exclusively breastfeeding.

Cereal Dry cereals (**oatmeal, barley, multigrain**) mixed with breast milk, formula, or water may be given 1-2 times per day. FEED WITH A SPOON!!! The FDA recommends feeding infants iron-fortified cereals made of oat, barley or multigrain to decrease arsenic exposure from rice cereal. Rice cereal should be given sparingly. Cereals can sometimes be constipating. Talk with your pediatrician if your infant is having pasty or hard stools. You may offer other grains: rye, quinoa, or pasta.

Vegetables and Fruits You may buy these (Stage 2 foods) or make your own. There are many books available to guide you in making your own baby foods. Start with offering approximately **4-5** tablespoons 1-2 times a day.

Suggested vegetables:

Carrots, Sweet potatoes, Squash, Pumpkin, Peas, Green beans, Zucchini, Bell pepper, Broccoli, Eggplant, Cauliflower, Onions, Asparagus, Lentils, Pintos, and Black Beans

Suggested fruits:

Bananas, Apples, Pears, Plums, Prunes, Peaches, Avocado, Blueberries, Papaya, and Mangos.

Meats You may buy these (as a Stage 2 food mixed with a fruit or vegetable) or make your own. Meats should be pureed. Offer 3-5 tablespoons 1-2 times a day. The introduction of meat is optional as a source of protein. There are numerous vegetables/grains that will provide protein.

Dairy Yogurt (without added sugar) with or without fruit may be offered after 6 months of age. Greek yogurts are more nutritious as they have more protein in them.

Peanut Butter (smooth/creamy) May be introduced carefully in small amounts after 4 months of age. Early peanut butter introduction is safe and effective in infants at high risk of peanut allergy. Introduction of peanut butter into the diet between ages 4 months to 11 months is recommended.

Eggs may be introduced after 6 months of age.

Water With the introduction of solid foods, some infants will enjoy a small amount of extra fluid throughout the day (**4 oz maximum per day**). Avoid juices as they only provide unnecessary sugar that your infant does not need. Begin offering a sippy cup with water 1-3 times a day.

Important Nutrition Points for 6-9 months of Age

- Breast milk or iron-fortified formulas are your baby's main source of good nutrition and should be given the first year of life to prevent anemia and allow for optimal growth and development.
- Once your baby can sit independently, you may offer soft/mashed table foods—even if your baby does not have teeth! These foods can be offered mashed or as small pieces for your child to pick up and feed himself/herself. They will have more texture than strained baby foods. Be patient as your baby learns to eat them!
- Do not give your baby desserts, puddings, punches, or soft drinks. These have no nutritional value and may spoil your baby's appetite for more nourishing/healthier foods.
- Do not give honey to children less than 12 months of age. Uncooked honey may contain bacteria or chemicals which can be extremely harmful to young babies.
- Fluoride is necessary for proper tooth/enamel development. City water contains all the fluoride your child will need. Talk to your pediatrician about fluoride if you have well water, as well water may have too little or too much fluoride.

Points to Ponder

Safety

- Your child will begin to crawl and pull up very soon! Safety is your main priority at this age. Exersaucers /jumpers should not be used for more than 30 minutes a day as they can delay motor development.
- Keep all small objects on floors and on table tops out of your baby's reach to prevent choking.
- Remove all dangling cords from your baby's reach (kitchen appliances, irons, curling irons, etc..). Keep pot handles on the stove turned inward when cooking.
- All dangerous or poisonous chemicals, medications, household cleaners, and sharp items should be removed from low areas and cabinets. Place them up high in a secure container.
- Do not prop bottles or feed your baby lying flat as your baby may have more difficulty swallowing properly which is associated with a higher risk of ear infections, choking, and dental caries.
- Do not put necklaces or pacifier cords around your baby's neck as this may lead to strangulation.
- Any water is a drowning hazard, no matter how small the amount. NEVER leave your child unattended in the bathtub, even momentarily. Set your hot water thermostat at 120 degrees F or lower.
- Choose toys carefully. Avoid toys with small or detachable pieces that may be swallowed. Avoid toys with easily accessible magnets or button batteries.
- Continue to use an appropriately sized car seat for your baby. It may be time to adjust the height of the shoulder straps. Your baby's shoulders should be at or above the slot where the strap comes through the back of the car seat.
- Car seats must remain **REAR-FACING** in the **BACKSEAT** of the car until your baby is **2 years old**.
- Please, **DO NOT SMOKE** in your home or car. Second and third-hand smoke has been linked to an increased risk of ear infections, upper and lower respiratory infections, and Sudden Infant Death Syndrome (SIDS).
- In case of accidental poisoning, immediately call

Poison Control Center: (1-800-222-1222)

Development

- "Teething" infants do not develop fevers over 101 degrees nor do they have diarrhea. Teething symptoms should be treated with a cool teething ring or cool washcloth. **Never** use frozen objects for teething as they can damage teeth, gums and soft tissue. You may give the correct dose of acetaminophen or ibuprofen for teething pain—make sure to ask your pediatrician for the correct dose.
- It is normal for your baby to show anxiety towards strangers by CRYING. He/she may be more "clingy" and less willing to separate from you. These are normal behaviors. Be patient with your child and provide gentle reassurance during these episodes.

- Give your baby plenty of opportunity to play on the floor and explore his/her environment.

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