

9-12 Month Info Sheet

Your baby will get all the nutrients he/she needs as long as you provide the proper number of servings from the different food groups. Some babies may be eating all table foods, while some may still favor baby foods. Almost all table foods are okay to serve, however, stay away from large pieces which are difficult to chew.

Suggested Diet for 9-12 months

Milk Breastfeed on demand or offer **16-24 oz** of IRON FORTIFIED formula per 24 hours. Vitamin D supplement with Iron should be given to infants who are exclusively breastfeeding. At 11 months, you may begin offering small amounts of cow's milk in a sippy cup. It is important to continue formula or breastfeeding as the primary source of milk until 12 months of age. Breastfeeding may continue after 12 months of age.

Cereal/Grains 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 3-4 tablespoons of 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. Cooked grains can also be offered: oatmeal, cream of wheat, or grits.

Breads **2-3** servings per day: Crackers or Zwieback, vanilla wafers, graham crackers-3 pieces or 1 slice of bread.

Vegetables and Fruits You may buy these (Stage 3 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, Junior foods or soft table foods 1-2 times a day.

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

Bananas, Apples, Pears, Plums, Prunes, Peaches, Avocado, Blueberries, Papaya, Pineapple, Mango, Kiwi

Meats You may buy these (as a Stage 3 food mixed with a fruit or vegetable) or make your own. Tender, cooked meats may be offered as finger foods or minced/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 **1-2** servings per day. Cheese, yogurt, or cottage cheese. Greek yogurts are more nutritious as they have more protein in them. Be careful if your baby does not tolerate cow's milk-based formula. Soy varieties are also available.

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 Offer your baby water in a sippy cup as needed throughout the 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 9-12 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.
- Try offering your baby water/milk/formula/breast milk from the sippy cup. The earlier this transition is made, the easier it will be. Do not get frustrated if it does not work well at first—just keep trying!
- When your baby starts eating table foods, be careful not to add extra salt. It is ok to add some spices in cooking, but be careful not to add too much. In general, your baby should be introduced to foods that your family eats, with a focus on healthy choices from different food groups at each mealtime.
- As your baby eats more solid foods, allow him/her to attempt finger-feeding themselves. This may be messy at times, but it will provide an excellent opportunity for fine motor development! Be sure all pieces you offer are small, soft, and easy to chew. Never leave your child unattended while eating, as choking can occur at any time!!
- 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. It will need to be tested.

Points to Ponder

Safety

- 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.
- Move your baby's crib mattress to its lowest position. This will prevent your baby from falling or climbing out of the crib. Make sure to remove bumper pads as well.
- 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. Car seats must remain **REAR-FACING** in the **BACKSEAT** of the car until your baby is **2 years old**.
- Avoid exposing your baby to second or third-hand smoke!!!
- 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.
- Start brushing your baby's teeth/gum 2 times a day with water or FLUORIDE toothpaste.
- Continue to encourage the sippy cup. All bottles should be eliminated by 12-15 months of age.

- 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 gently reassurance during these episodes.
- Most babies at this age will begin awakening more during the night. These awakenings are part of the normal sleep phase. Avoid the temptation to feed your baby or engage in social activities (playing/talking/rocking). Unless your baby is obviously ill, provide gentle reassurance and allow him/her to return to sleep on their own.
- Give your baby plenty of opportunity to play on the floor and explore his/her environment.

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