

## Infancy Visit #19

- 8 Month Growth & Development
- Advancing Diet: Finger Foods/Table Foods



## Topics for Next Visit:

- PIPE: Reading to Baby
- ASQ Activities: 8-12 Months

## Month 8: What's New?

Things I did this month:

**So big!**  
Look how much I've grown...

My weight: \_\_\_\_\_

My length: \_\_\_\_\_

My clothing size: \_\_\_\_\_

**Learning about me...** I might try to get things I shouldn't have!

How do you distract me when I want something I could choke on?

How do you distract me when I start throwing things?

I am hard to distract when:

I am easier to distract when:

**Learning about you...**

**As I grow up, I learn to say no!!**

The first time I told you no was:

How did that make you feel?

What do you do when I tell you no?

When I say no, it's a  
chance to teach me  
limits. Limits help me  
feel safe and secure.

## Dad's Days: 8 Months

Dad's  
Days: 8  
Months



### Remember the Safety

Babies are trying lots of new things at this age. They need to learn about the world.

It can be scary for baby to try new things. Baby pulls away from you to try something new. Then baby needs to come back to you and feel safe again.

Cheer baby on when he/she tries something new. When you must tell baby "no," be sure baby still feels your love.

### KING OF THE WORLD

Babies this age like to be in charge. Sometimes baby might be a little demanding or persistent!

**Pick your battles.** Sometimes you can let baby make choices. Sometimes you have to say no. Do it in a gentle, respectful way.

*A fun way my baby takes charge:*

### Baby is learning a lot about moving. You can help!

*I help my baby learn to creep (on tummy) by:*

*I help my baby learn to crawl by:*

*When my baby tries something new, I cheer him/her on by:*

*As my baby learns new things, I keep him/her safe by:*

## Month 8: What's Next?

### At eight months I might:

- Begin to respond to directions like "Give to Mama", "No" or "Don't touch"
- Recognize people and objects across room
- Locate the source of a sound
- Sit without support

### **SAFETY CHECK**

**My skin can be  
burned by the sun.  
When we're outside,  
give me a hat & put  
baby sunblock  
on me.**

**Don't leave a curling iron  
or flat iron where I can  
reach it. I might grab it.  
I could burn my  
hand very badly!**

### You can help me learn!

- Place a noise-making toy next to or behind me. Watch to see if I find the sound.
- Let me play during bath time. Sponges, plastic cups, & balls that float are good bath toys.
- Put toys on a sturdy surface. Let me practice standing while I play with the toy.
- Use a mirror to play with me. Let me pat and poke at myself in the mirror. Make faces in the mirror with me.

## How to Support Baby to Feed Themselves

Around 9 months, babies usually show signs that they are ready to start finger feeding themselves. Developmental readiness cues may include sitting up by themselves and picking up an object with their thumb and forefinger. Giving your child the chance to try new textures and feed themselves helps develop independence and foster their ability to self-regulate hunger and fullness. Start with fingers first and utensils later. While eating, encourage your child to experience the smell, texture, and taste of new foods to improve their development! Below is a sample menu with meal and snack ideas. Remember human milk or infant formula still needs to be their main source of nutrition!

Breakfast	Lunch	Dinner	Snack
Scrambled eggs Soft, diced peaches	Minced turkey Thin, peeled apple slices Well-cooked green beans	Cooked ground beef Mashed potatoes Well-cooked diced carrots	Plain yogurt
Diced banana Oatmeal	Cottage cheese Soft, diced apricots Well-cooked, diced sweet potatoes	Shredded tender strips of chicken Tender green peas Soft, diced pears	Crackers
Ground breakfast sausage Thin strips of soft toast Applesauce	Diced cheese Spaghetti noodles, cut short Tomato sauce as topping	Refried beans Cooked rice Mashed avocado	Smoothie

Let baby practice using a spoon!  
A thicker yogurt may work best.

Stir in nut butter  
to boost protein!

- 1 cup liquid (water or nut milk)
- ½ cup fruit
- ¼ cup veggies (like spinach)
- Healthy fat or protein source (spoonful of nut butter or half an avocado)

### CAUTION!

Avoid dairy milk or fruit juice before 12 months old. After 12 months, 16-24 ounces per day of dairy milk is recommended and fruit juice is not necessary. However, if provided offer 4 ounces or less per day of 100% juice.

Avoid foods that are choking hazards such as: hot dogs, whole nuts and seeds, chunks of meat or cheese, whole grapes, popcorn, chunks of thick nut butter, raw veggies, firm fruits, or sticky candy.



## Finger Foods

**If this sounds like your baby, you can start feeding finger foods!**

Look Mom, I've learned to sit by myself. I can pick up small objects with my thumb & finger. I don't have many teeth yet. But I can chew with my gums. I like to feed myself. I like to drink from my cup.



I can eat these all by myself!	I need help eating these.	Don't feed me these!
<ul style="list-style-type: none"> <li>Cheerios<sup>®</sup> cereal</li> <li>Banana slices (cut in quarters)</li> <li>Soft, cut-up fruit (skin or peel removed)</li> <li>Canned fruit</li> <li>Thin apple slices (peeled)</li> <li>Well-cooked vegetables (like green beans, broccoli, or peas)</li> <li>Cheese sticks</li> <li>Fish sticks</li> <li>Small pieces of tender meats</li> <li>Scrambled eggs</li> </ul>	<ul style="list-style-type: none"> <li>Cottage cheese</li> <li>Spaghetti</li> <li>Casseroles made with soft foods</li> <li>Stew</li> <li>Mashed potatoes</li> </ul>	<ul style="list-style-type: none"> <li>Popcorn</li> <li>Peanuts, peanut butter, seeds (like pumpkin or sunflower) other whole nuts</li> <li>Jelly beans or hard candy</li> <li>Raw vegetables or pickles</li> <li>Hard unpeeled pieces of fruit</li> <li>Whole kernel corn</li> <li>Dried fruits (like raisins or prunes)</li> <li>Olives, cherry tomatoes, or celery</li> <li>Whole grapes or cherries</li> <li>Marshmallows</li> <li>Vienna sausage, hot dogs, or toddler meat sticks</li> <li>Whole or low-fat cow's milk</li> </ul>

# Finger Foods

## Sample Menu

### **Breakfast**

- Oatmeal with applesauce
- Water in a cup

### **Snack**

- Graham crackers
- Thin apple slices (peel removed)

### **Lunch**

- Fish sticks
- Soft potato cubes
- Soft steamed broccoli
- Fruit cocktail (remove grapes)

### **Snack**

- Dry Cheerios®
- Banana slices (cut in quarters)

### **Dinner**

- Spaghetti with mild sauce
- Tender peas
- French bread
- Mashed bananas

### **Snack**

- Cheese stick
- Crackers
- Water in a cup

*Breastfeed baby as desired or give 24-32 ounces of formula during the day. Delay offering fruit juice until 12 months.*

## First Table Foods

**If this sounds like your baby, you can start feeding table foods!**

I'm tired of mushy baby food. The food you eat looks so much better! I can grab my rattle. I try to put everything in my mouth. I can sit in a highchair at the table. I want to eat with my hands. I can!



I can eat these all by myself!	I need help eating these.	Don't feed me these!
<ul style="list-style-type: none"> <li>• Strips of toast</li> <li>• Saltine crackers</li> <li>• Graham crackers</li> <li>• Thin slices of cheese on crackers, bread or toast</li> </ul> <p><i>(Avoid crackers that crumble easily. They can be a choking hazard.)</i></p>	<ul style="list-style-type: none"> <li>• Mashed potatoes</li> <li>• Mashed vegetables &amp; fruits</li> <li>• Ground meats</li> <li>• Yogurt</li> <li>• Canned tuna or salmon (mashed)</li> <li>• Tofu</li> <li>• Cooked egg yolk mashed with milk</li> <li>• Cooked rice, oatmeal or cream of wheat</li> </ul>	<ul style="list-style-type: none"> <li>• Popcorn</li> <li>• Peanuts, peanut butter, seeds (pumpkin or sunflower) or other whole nuts</li> <li>• Jelly beans or hard candy</li> <li>• Raw vegetables or pickles</li> <li>• Hard unpeeled pieces of fruit</li> <li>• Whole kernel corn, celery</li> <li>• Dried fruits (like raisins or prunes)</li> <li>• Olives, cherry tomatoes</li> <li>• Whole grapes or cherries</li> <li>• Marshmallows</li> <li>• Vienna sausage, hot dogs, or toddler meat sticks</li> <li>• Whole or low-fat cow's milk</li> </ul>



# First Table Foods

## Sample Menu

### Breakfast

- *Infant cereal mixed with breast milk or formula*
- *Mashed canned peaches*

### Snack

- *Toast strips*

### Lunch

- *Strained meats*
- *Mashed potatoes*
- *Mashed squash*

### Snack

- *Graham crackers*
- *Formula or breast milk from a cup*

### Dinner

- *Canned tuna, smashed*
- *Cooked rice (or other grain)*
- *Mashed green beans*
- *Mashed bananas*

*Breastfeed baby as desired or give 26-31 ounces of formula during the day.*

# I Want to Feed Myself!



I've learned to use my thumb and first finger to grab things. It's called the "pincer grasp." It helps me feed myself.



I like to play with my food. I will touch, squish, pound, and smear. I like to see what it looks like. Feels like. Smells like. Tastes like.



If you let me try to feed myself, I learn I can do other things by myself. With practice, I'll get better at feeding myself. You'll be so proud!



Help me not to choke. I need pieces of food that are not too big. Not too hard. Not too hot.



Cut my food smaller than a quarter. Let me try different foods. I will learn about them. I'll get lots of nutrients



Sometimes I will refuse to eat something. Even if I liked it yesterday. This is normal. Be patient!



Let me choose and refuse what I eat. It helps me learn to make decisions.

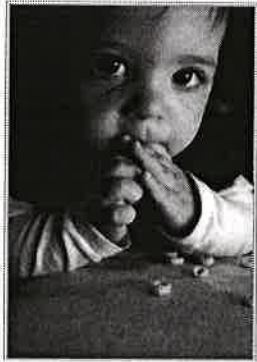


Don't let me skip meals. I need three meals a day. I like a regular schedule.



Don't forget I still need lots of breast milk or formula!

## Introducing Table Foods



Find these words in the puzzle:

BREASTMILK  
CUP  
BED  
GAG  
STAY  
HONEY

E	T	B	E	S	M	B	E	D	G
R	H	I	S	B	P	R	S	A	G
C	O	A	S	E	G	E	R	C	N
U	N	G	E	S	T	A	Y	A	U
P	E	A	Q	U	W	S	T	E	T
O	Y	G	L	E	D	T	B	D	M
N	T	O	A	T	H	M	A	E	B
A	Y	A	H	A	T	I	R	S	I
P	S	S	T	A	Y	L	S	I	S
E	U	N	T	Y	M	K	S	E	O

- Keep giving baby **BREAST MILK** or formula until after the first birthday.
- Help baby drink from a **CUP** at least once a day.
- Don't put baby to **BED** with a bottle. It can lead to tooth decay or ear infections.
- Baby may **GAG** a little on new table foods. Baby is not used to new textures yet. Help baby eat carefully. Baby will learn about eating new foods.
- **STAY** with baby during meals. Don't let baby wander around with food.
- Avoid **HONEY** until after the first birthday.

\*Newest research tells us that waiting to introduce certain foods like cow's milk, dairy products, peanut butter, other nuts, and foods made from these products, may increase your baby's risk for food allergies. **Discuss the introduction of these foods with your Healthcare Provider *before* giving them to your child. Your Healthcare Provider will give you guidance on the safest way to proceed.**

## What to Feed, How Much, & When

### How much should my baby eat?

Age	How much in 24 hours?
0 - 3 months	<ul style="list-style-type: none"> <li>Breastfed babies: Nurse 8 - 12 times</li> <li>Formula fed babies: Drink up to 32 ounces</li> </ul>
4 - 6 months	<ul style="list-style-type: none"> <li>Breastfed babies: Nurse 5 - 7 times</li> <li>Formula fed babies: Drink up to 32 ounces</li> </ul>
6 - 8 months	<ul style="list-style-type: none"> <li>Breastfed babies: Nurse as baby desires</li> <li>Formula fed babies: Drink up to 32 ounces</li> <li>3 - 9 tablespoons of infant cereal</li> <li>2 - 8 tablespoons of pureed fruits</li> <li>2 - 8 tablespoons of pureed vegetables</li> </ul>
8 - 10 months	<ul style="list-style-type: none"> <li>Breastfed babies: Nurse as baby desires</li> <li>Formula fed babies: Drink up to 32 ounces</li> <li><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> cups infant cereal</li> <li><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> cups mashed fruits</li> <li><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> cups mashed vegetables</li> <li>3 - 5 tablespoons dairy</li> <li>4 - 8 tablespoons protein</li> </ul>
10 - 12 months	<ul style="list-style-type: none"> <li>Breastfed babies: Nurse as baby desires</li> <li>Formula fed babies: Drink up to 32 ounces</li> <li><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> cups infant cereal</li> <li><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> cups mashed fruits</li> <li><math>\frac{1}{4}</math> - <math>\frac{1}{2}</math> cups mashed vegetables</li> <li>5 tablespoons dairy</li> <li>4 - 8 tablespoons protein</li> <li>4 - 8 tablespoons combo foods (like casseroles)</li> </ul>

You may have heard about a method of introducing solid foods called Baby-Led Weaning. It is also sometimes known as Baby-Led Feeding. It involves skipping spoon-fed purees and instead letting the baby self-feed. Soft pieces of food are offered to the baby and on their own they move food to their mouth, chew (or mash with their gums), and swallow it. There are good and not so good aspects to this method of solid food introduction.

### Benefits of Baby-Led Weaning

- Focuses on developmental readiness
- Supports children and adults eating the same food
- Fosters independence as baby gets to control how much they eat
- Invites various textures early which may impact food preferences later



**There is not enough research on Baby-Led Weaning to recommend it as the best approach to starting solids. However, if you are interested in learning more, check out tips on the next page.**

### Concerns with Baby-Led Weaning

- Possible delay of solid food introduction
- Child may be missing important nutrients like iron or zinc
- Potential loss of parent-child interaction
- Choking hazards if food isn't prepared appropriately



### Tips for safe Baby-Led Weaning

- It is important to note that Baby-Led Weaning might not benefit every baby. Starting solids with pureed foods may be best for children with developmental delays or neurological issues. Check with your child's health care provider.
- Parents need to be extra careful about choking with Baby-Led Weaning. The best way to safeguard your baby is to complete training that teaches first aid for choking and infant CPR. Below is how to tell the difference between gagging and choking and what to do to support your child.

#### Gagging

- Babies have a protective reflex against choking
- When gagging, they usually get red in the face
- Their tongue may push forward, and they can cough or sputter
- Stay close and let them work through it

#### Choking

- The airway is blocked when babies are choking
- Baby's lips or face might start to turn blue
- They are usually silent
- Start first aid for choking. Call 911 if child cannot breathe, appears pale, has a weak cough, becomes unconscious or the obstruction will not clear.

- Provide human milk or infant formula 30-60 minutes prior to feeding so baby is satisfied before exploring solid food
  - Stay with your child, minimize distractions, and avoid hurrying your child during feeding
- Provide one food at a time and wait 3-5 days between new foods to monitor for any allergic reactions
- Consider preparing the same meal for the whole family, but remember to modify for your practicing eater

#### Foods appropriate for Baby-Led Weaning:

- ✓ spears of soft, ripe fruits like pear, mango, banana, peaches
- ✓ strips of baked or steamed soft veggies like sweet potatoes or carrots
- ✓ ground meat or soft shredded strips of meat

#### Foods that could be choking hazards:

- ✗ whole grapes
- ✗ chips and popcorn
- ✗ nuts
- ✗ raw hard veggies like baby carrots
- ✗ thick peanut butter