

Feeding Your Baby

Oklahoma Cooperative Extension Service • Oklahoma State University



Weaning: Part 1

At 9-12 months, it will be time to begin weaning from the bottle.

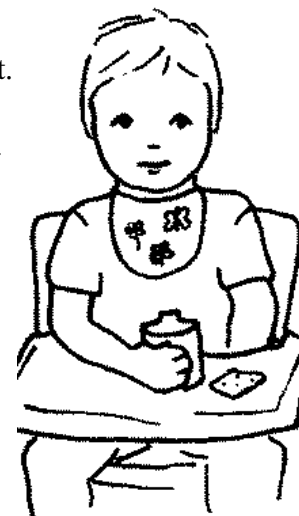
- Weaning promotes growing independence as your baby learns to drink from a cup and eat finger foods.
- Weaning helps prevent dental caries by eliminating constant contact with formula or milk.
- Weaning also helps prevent anemia development. Iron-rich cereals can be offered and meat intake increases.

At 9 months, your baby should begin using a cup for most liquids. At each meal give some formula from a small cup without a handle before you give the bottle. Increase the amount in the cup until it replaces the bottle. Decrease breast milk or formula intake, but continue until 1 year of age (16-24 ounces/day). Avoid skim milk or low-fat milk for the first 2 years. Whole milk may be used after 1 year.

Table Foods

As milk intake drops, your baby needs a variety of nutritious foods. Your baby will be messy as he or she learns to eat. Your baby's movements are not yet refined. Be patient! Newspapers under the high chair will make clean-up easier.

- DO NOT add seasonings or fats to your baby's portion. Choose mild flavors. Foods must be free of skin, seeds, bones, and gristle which may cause choking.
- Coarsely mash baby's portion with a fork.
- Encourage your baby to use a spoon and his or her hands to eat. Use a small spoon with a short, straight handle that is easy for your baby to grip. Choose a dish with a rim or side that will help the baby to push food on the spoon. Choose feeding utensils that will not break.
- Feed the baby with the family whenever possible.
- DO NOT force your baby to eat.
- Offer water in a cup each day.



Suggested Readings:

Gerber (1994). *Mealtimes*. Fremont, MI: Author.

Lambert-Lagace, L. (1991). *Feeding your baby: from conception to age two*. Emeryville, CA: Surrey Books.

Satter, E. (1991). *Child of mine, feeding with love and good sense*. Palo Alto, CA: Bull Publishing Co.

Reference List:

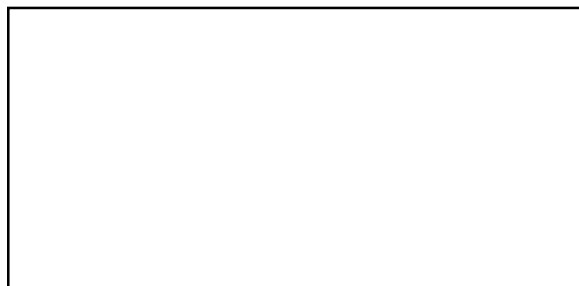
American Academy of Pediatrics (1993). *Pediatric nutrition handbook*. Elk Grove Village, IL: Author.

Kleinman, R.E. (1994). Build to a variety of foods. *Pediatric Basics*, 69, 2-7.



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