

# first foods

for your baby's first year of life



	6 months	8 months	10 months	12 months
spoon	eats food off a spoon	playing and eating some foods with a spoon		feeds some foods to self with a spoon
finger foods		starts eating finger foods		feeds most foods to self with fingers
cup		practice with a sippy cup at meals and snacks		wean from bottle

Start purees when your baby is **6 months old** and ready to eat solid foods.

## start with a small amount

Offer 1 to 3 teaspoons of food at a meal. Offer more if your baby wants to eat more.

## offer purees with a spoon

Offer one new food at a time. Wait at least 2 to 3 days before starting another food. Talk to your doctor if your baby has a rash, diarrhea or vomiting.

## create some routines

Start by feeding your baby once a day, maybe in the morning. Then slowly increase and feed your baby 2 times a day, at breakfast and dinner. Your baby can be eating 3 times a day when 7 to 8 months old.

*Talk to your health care provider if your baby was born early or you have concerns about food allergies or your baby's diet.*

## How much food will a 7 to 8 month old baby eat each day?

(your baby may eat more or less of these foods)

- 4 to 8 tablespoons of prepared infant cereal
- 4 to 6 tablespoons pureed or mashed vegetables
- 4 to 6 tablespoons of pureed or mashed fruits
- 1 to 4 tablespoons pureed lean beef or chicken



2½ ounce container has 5 tablespoons.  
4 ounce container has 8 tablespoons.



## Your baby will learn to eat 4 different textures of food.

Try the next texture when your baby can easily chew and swallow foods from one group.



strained or pureed



mashed



ground or finely chopped soft foods



tiny pieces of soft foods



# offer a variety of foods to your 8 to 12 month old baby from the five food groups



Serve food in the textures that your baby can handle -  
pureed, mashed, ground or tiny pieces of soft food.

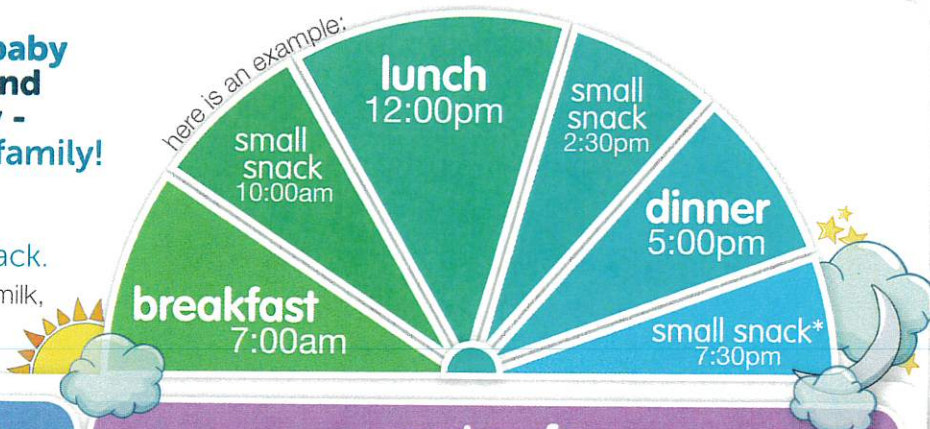
fruits 3 servings each day	vegetables 3 servings each day	grains 3 to 4 servings each day	proteins 1 to 2 servings each day
what is a serving?			
2 to 4 tablespoons soft fruits - banana      apple peach      kiwi strawberries      melon avocado      pear blueberries      orange mango	2 to 4 tablespoons cooked vegetables - sweet potato      corn broccoli      peas green beans      carrots tomatoes      squash asparagus	2 to 4 tablespoons baby cereal or dry breakfast cereal 2 to 4 tablespoons pasta or rice 1 to 2 soft crackers ½ slice bread	1 to 4 tablespoons - beef      fish chicken      beans turkey      tofu pork      egg hummus
<b>dairy</b> Offer some breastmilk or formula in a cup at meals and snacks. Breastfeed or offer a bottle after your baby eats food at a meal or snack. Offer cheese, yogurt or cottage cheese 1 to 4 times a week.			

**Your baby may eat more or less than these amounts.**  
Let your baby decide how much to eat.

**Your 8 to 12 month old baby  
can eat 3 small meals and  
2 to 3 snacks each day -  
the same schedule as your family!**

Offer 2 to 4 different  
foods at each meal, and  
1 to 2 different foods at a snack.

\*A bedtime snack could be breastmilk,  
formula or soft finger food.



## eat with your baby

Put your baby in a high chair while  
you eat. Offer soft table foods  
with no added sugar or salt.  
**Stay with your baby while eating.**

## eat safe

Cut finger foods into pieces that are about the size  
of a pea. Offer mashed or soft foods that you can easily  
mash with your fingers. **Avoid honey and foods made  
with honey; raw or unpasteurized milk or juice.**

weebites®

nutrition  
matters®  
nutrition education that matters

www.numatters.com

© Nutrition Matters, Inc.  
All Rights Reserved. No Photocopying.  
B420 R2



# 10 Tips to Teach Your Baby to

# Drink from a Cup

**1** You can start as early as 6 months.

**2** Baby is ready when he\* can:

Sit up on his own,  
hold his head steady,  
put his lips around the rim of the cup.



**3** To start, put baby in a **high chair** or on your knee.

**4** Try a little bit of **breastmilk or formula**, at one meal a day.

**5** **Hold the cup** for your baby.

**6** Tilt the cup and let baby drink a few sips at a time. **Go slowly** to allow baby time to swallow.



**7** **Be patient and continue practicing.** Slowly give baby more control over the cup.

**8** Until 12 months, only **put breastmilk or formula** in baby's cup.



**9** You can try some of the small cups shown here.



**10** At about 12 months, baby should be **only drinking from a cup and/or breastfeeding.**



\* All tips apply to both boys and girls



This work is licensed under the Creative Commons Attribution-NonCommercial-NoDerivs 3.0 Unported License. You are free to print and share, just don't change it, use parts of it, or sell it.

**NOODLE  
SOUP™**

Excerpt from *Introducing your baby to the cup* (#1294).

800-795-9295 • [NoodleSoup.com](http://NoodleSoup.com)



# Your baby at 6 months

Baby's Name \_\_\_\_\_

Baby's Age \_\_\_\_\_

Today's Date \_\_\_\_\_

Milestones matter! How your baby plays, learns, speaks, acts, and moves offers important clues about his or her development. Check the milestones your baby has reached by 6 months. Take this with you and talk with your baby's doctor at every well-child visit about the milestones your baby has reached and what to expect next.



## What most babies do by this age:

### Social/Emotional Milestones

- ☐ Knows familiar people
- ☐ Likes to look at himself in a mirror
- ☐ Laughs

### Language/Communication Milestones

- ☐ Takes turns making sounds with you
- ☐ Blows "raspberries" (sticks tongue out and blows)
- ☐ Makes squealing noises

### Cognitive Milestones (learning, thinking, problem-solving)

- ☐ Puts things in her mouth to explore them
- ☐ Reaches to grab a toy he wants
- ☐ Closes lips to show she doesn't want more food

### Movement/Physical Development Milestones

- ☐ Rolls from tummy to back
- ☐ Pushes up with straight arms when on tummy
- ☐ Leans on hands to support himself when sitting

## Other important things to share with the doctor...

- What are some things you and your baby do together?
- What are some things your baby likes to do?
- Is there anything your baby does or does not do that concerns you?
- Has your baby lost any skills he/she once had?
- Does your baby have any special healthcare needs or was he/she born prematurely?

**You know your baby best.** Don't wait. If your baby is not meeting one or more milestones, has lost skills he or she once had, or you have other concerns, act early. Talk with your baby's doctor, share your concerns, and ask about developmental screening. If you or the doctor are still concerned:

1. Ask for a referral to a specialist who can evaluate your baby more; and
2. Call your state or territory's early intervention program to find out if your baby can get services to help. Learn more and find the number at [cdc.gov/FindEI](https://www.cdc.gov/FindEI).

For more on how to help your baby, visit [cdc.gov/Concerned](https://www.cdc.gov/Concerned).

**Don't wait.**  
**Acting early can make**  
**a real difference!**



American Academy  
of Pediatrics



DEDICATED TO THE HEALTH OF ALL CHILDREN®



# Help your baby learn and grow

As your baby's first teacher, you can help his or her learning and brain development. Try these simple tips and activities in a safe way. Talk with your baby's doctor and teachers if you have questions or for more ideas on how to help your baby's development.



- Use "back and forth" play with your baby. When your baby smiles, you smile; when he makes sounds, you copy them. This helps him learn to be social.
- "Read" to your baby every day by looking at colorful pictures in magazines or books and talk about them. Respond to her when she babbles and "reads" too. For example, if she makes sounds, say "Yes, that's the doggy!"
- Point out new things to your baby and name them. For example, when on a walk, point out cars, trees, and animals.
- Sing to your baby and play music. This will help his brain develop.
- Limit screen time (TV, tablets, phones, etc.) to video calling with loved ones. Screen time is not recommended for children younger than 2 years of age. Babies learn by talking, playing, and interacting with others.
- When your baby looks at something, point to it and talk about it.
- Put your baby on her tummy or back and put toys just out of reach. Encourage her to roll over to reach the toys.
- Learn to read your baby's moods. If he's happy, keep doing what you are doing. If he's upset, take a break and comfort your baby.
- Talk with your baby's doctor about when to start solid foods and what foods are choking risks. Breast milk or formula is still the most important source of "food" for your baby.
- Learn when your baby is hungry or full. Pointing to foods, opening his mouth to a spoon, or getting excited when seeing food are signs that he is hungry. Others, like pushing food away, closing his mouth, or turning his head away from food tells you that he's had enough.
- Help your baby learn she can calm down. Talk softly, hold, rock, or sing to her, or let her suck on her fingers or a pacifier. You may offer a favorite toy or stuffed animal while you hold or rock her.
- Hold your baby up while she sits. Let her look around and give her toys to look at while she learns to balance herself.

**To see more tips and activities download CDC's Milestone Tracker app.**

This milestone checklist is not a substitute for a standardized, validated developmental screening tool. These developmental milestones show what most children (75% or more) can do by each age. Subject matter experts selected these milestones based on available data and expert consensus.

[www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) | 1-800-CDC-INFO (1-800-232-4636)



Download CDC's  
free Milestone  
Tracker app



**Learn the Signs. Act Early.**





## Did You Know?

### In the United States

**24 min**

A falling television or tipping furniture sends a child to the emergency room every 24 minutes

**No 1**

Accidental suffocation is the number one cause of death for children under 1 years old

**9.2M**

9.2 million children visit the emergency department for an unintentional injury each year



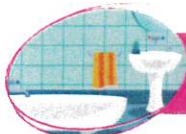
## The Kitchen

- ☐ Install door, cabinet & appliance locks
- ☐ Consider natural alternatives to chemical cleaning products
- ☐ Store plastic bags and foil out of reach
- ☐ Lock multivitamins and supplements away
- ☐ Keep breakable dishes and cutlery high up
- ☐ Watch for any dangling cords
- ☐ Cover exposed electrical outlets
- ☐ Keep small magnets off your refrigerator
- ☐ Get safe plastic items your baby can with



## The Living Areas

- ☐ Consider carpeting to cushion fall blows
- ☐ Safeguard sharp coffee table corners and edges
- ☐ Check furniture sturdiness
- ☐ Make sure there's nothing dangerous baby can climb
- ☐ Check window cords do not dangle too low
- ☐ Close off the fireplace
- ☐ Remove dangling cords around the tv/stereo
- ☐ Install electrical outlet & door knob covers
- ☐ Install window locks



## The Bathroom

- ☐ Keep the toilet lid down or invest in a toilet lid lock
- ☐ Remove toilet bowl cleaner
- ☐ Keep razors out of reach in the shower
- ☐ Lock medicine and supplements away
- ☐ Reduce your water heater temperature less than 120 degrees
- ☐ Get a non-slip bath mat
- ☐ Check the screw covers on the base of the toilet
- ☐ Keep soaps and toothpaste out of reach



## The Nursery / Bedroom

- ☐ Invest in a baby monitor
- ☐ Be wary of secondhand cribs
- ☐ Put up a window guard
- ☐ Look for a crib with fixed sides
- ☐ Your baby doesn't need a pillow
- ☐ Install electrical outlet & door knob covers
- ☐ Toy chests are dangerous for little fingers
- ☐ Keep the walls around the crib free of decorations
- ☐ Consider a glider over a rocking chair
- ☐ Take mobiles down as your baby becomes more mobile



## The Stairs

- ☐ Get a baby gate
- ☐ Teach your child how to safely walk stairs
- ☐ Make sure you have a handrail
- ☐ Consider some carpeting or non-slip mats
- ☐ Keep stairways well-lit

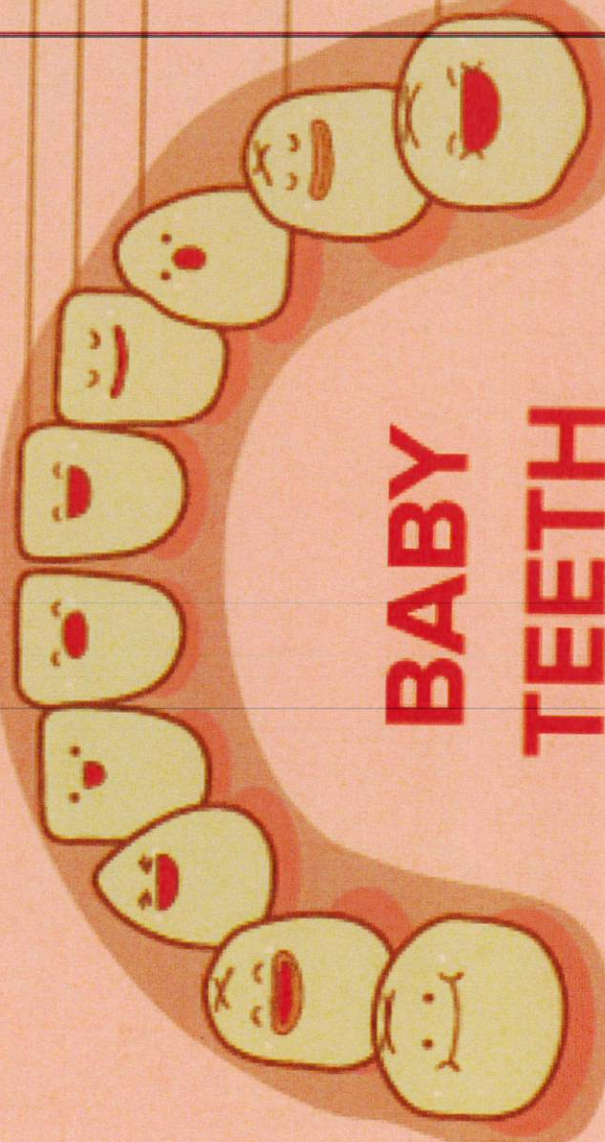


## Around The Home

- ☐ Remember to keep doors closed
- ☐ Anchor wobbly furniture
- ☐ Keep your guns safely locked up
- ☐ Use a vacuum to help find small dangerous objects
- ☐ Keep pools & tubs covered when not in use



Upper Teeth



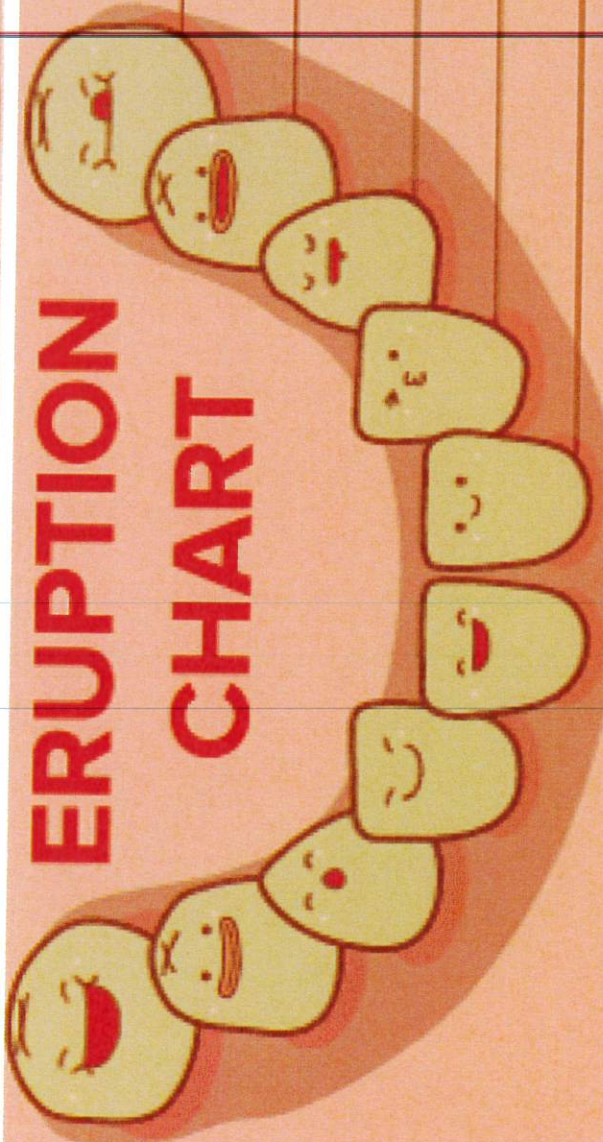
# BABY TEETH

**APPROXIMATE  
AGE OF ERUPTION:**

**BABY TEETH**

- Central Incisor 8-12 months
- Lateral Incisor 9-13 months
- Canine (Cuspid) 16-22 months
- First Molar 13-19 months
- Second Molar 23-31 months

# ERUPTION CHART



Lower Teeth

- Second Molar 25-33 months
- First Molar 14-18 months
- Canine (Cuspid) 17-23 months
- Lateral Incisor 10-16 months
- Central Incisor 6-10 months



# Taking Care of Children's Teeth

1. Clean baby's gums daily with moist washcloth.
2. Never prop a baby's bottle.
3. Brush baby's teeth as soon as first tooth appears.
4. Use a smear of fluoride toothpaste until age 3, then use a "pea size" amount.
5. Find out if there is fluoride in your water. Tell the dentist if there is not.
6. Help children with brushing, they can't do it on their own until they are six or seven.
7. Check little one's teeth for changes to gum or teeth.
8. Wean baby from a bottle by 12-15 months old.
9. Avoid sugary food and drinks.
10. Go to the dentist as early as six months, and no later than 12 months old.

