



Nine Month Feeding Guide

The next three months will continue to mark the transition from baby food to table food. You can continue to introduce table foods over the next three months. During this time your child may start to resist spoon feeding and prefer to feed him/herself with his/her fingers. This is a sign of your baby's increasing independence and is good. Try foods like toast, pop tarts, macaroni and cheese, cottage cheese, yogurt, children's cereals, pancakes, waffles, jelly sandwiches, grilled cheese sandwiches, hamburger, baked chicken and fish, ham and casseroles. Most cooked vegetables are also okay if they are soft and you can also try cut up fruits. Make sure the food is in bite size pieces before giving it to your baby. You can now start milk products if your baby has been on Isomil or Prosobee. Keep your baby on breast milk or infant formula until the end of his/her first year. We do not recommend the "follow- up" formulas.

In the next three months, you should work your child over to the cup and off the bottle. Introduce the cup with meals, using formula or breast milk. Once your baby can drink from the cup, try going without the bottle after one of the feedings. Slowly (every few days) add more cups while eliminating bottles. Your baby will drink less from a cup than from a bottle- this is normal and desired in the transition from baby to toddler.