

Feeding Baby Next Steps

(7-9 MONTHS+)



INTRODUCTION TO CUP

Babies can start drinking from a cup between 7-9 months of age. Your baby can drink water to practice 1 or 2 ounces in the cup at a time. Babies do not need to drink juice—it is not healthy for them. Children do not need to eat foods with added salt or sugar.

IMPORTANCE OF BREAST MILK AND FORMULA

Breast milk or formula are still the main nutrition for your child until their first birthday. We will talk with you about switching to cow's milk at the one-year-old check-up.

ADVANCING FEEDING PATTERNS

By this time, your baby is eating once or twice a day. Your baby's behavior will tell you when they are ready for another meal each day. Most babies are eating 3 meals a day by the time they are 9 months old. Your baby is still the one to decide how much they will eat at every meal—and it may not be the same amount every time. You get to decide when, where, and what your baby eats.

HIGH RISK ALLERGY FOOD INTRODUCTION

Once your baby has eaten some of their first foods, you should let your baby try some of these foods, one new food at a time for at least 3-5 days:

- Peanut butter
- Eggs
- Dairy products like yogurt, cheese (but not cow's milk to drink yet)
- Wheat
- Tree nuts
- Shellfish

Starting these foods early and giving them often can prevent a baby from developing a food allergy. If your baby has bad eczema, talk with your healthcare provider before trying these foods.

VARIETY

Keep trying new foods every 3-5 days. By the time your baby is 9 months old they will be eating a wide range of foods.

ADVANCING TEXTURES FOR CHILD

When your baby can sit up on their own in a highchair, you can start feeding them "finger foods." These are foods that can be gummed and swallowed, swallowed whole, or that melt in mouth. Don't put too much on the tray at once and make sure the pieces are small enough and soft enough, so your baby doesn't choke.

Some good starter finger foods are:

- Shredded cheese, large curd cottage cheese
- Crackers, dry cereals
- Meat (ground, shredded or deli)
- Soft peeled or cut fruits
- Soft, cut vegetables
- Cooked macaroni or rice

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