

Now I Can **SIT ON MY OWN**

Look at me! I can sit well without any help. I am between 6 and 8 months old. I am ready to start eating solid foods daily.



I may be able to:

- Use my hands to bring toys and food to my mouth
- Try to pick up small things
- Keep pureed food in my mouth to swallow it
- Clean food off of a spoon with my mouth
- Drink from a cup with help
- Learn to crawl

When I am hungry, I may:

- Reach for food
- Point to food
- Get excited when I see food

When I am full, I may:

- Push food away
- Close my mouth tight
- Slow down eating
- Start playing with my food

I like my food plain!

No need to add sugars, syrups, honey, butter, salt or spices.

Give me fruit instead of juice.

Wait to give me cow's milk until I am 1 year old.

Give me foods of the texture I am ready for.

I may need to try a new food 10 or more times before I eat it.

Talk to my Nutritionist at WIC if you have any questions about feeding me.

What I Can Eat	Serving Size	Number of Times per Day
Breast milk	Breastfeed me whenever I show you that I am hungry, about 3-5 times each day.	
Infant formula	6-8 ounces	3-5 (24-32 ounces total)
Infant cereal (prepared thin)	2-4 tablespoons	1-2
Meats/fish (without bones), eggs, cheese, yogurt, beans, tofu (strained or pureed)	1-2 tablespoons	1-2
Vegetables, cooked (strained or pureed)	2-3 tablespoons	1-2
Fruits, soft or cooked (strained or pureed)	2-3 tablespoons	1-2

Peanut containing-foods (soft, pureed, diluted, and prepared thin)

I may be able to have peanut containing-foods once I am 6 months old. Talk to my health care provider before introducing foods containing peanuts.