

# Now I Can CRAWL

I am getting so big!  
I am learning to crawl.  
I may be between  
8 and 10 months old.



### I may begin to:

- Mash food with my tongue and gums
- Hold and play with a spoon
- Hold small foods with my thumb and finger and bring them to my mouth
- Pull myself up to standing
- Drink well from a cup (start weaning off of my bottle)

### When I am hungry, I may:

- Reach for food, point to it or get excited when I see food

### When I am full, I may:

- Slow down eating or push the food away

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

Please do not add honey or syrup to any of my food. It has germs that can make me sick.

**Give me fruit instead of juice.**  
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.*

Give me foods of the texture I am ready for.

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