I can feed myself

Most babies start to chew soft foods around the age of 8 to 10 months.

At this age, your baby will be picking up foods with his fingers and putting them in his mouth. He is learning how to feed himself with finger foods.

Put your baby in a highchair.

Put some soft finger foods on his tray and let him play with the foods.

Your baby learns about food by playing with it.

Let your baby feel the food, smash it with his fingers and put some in his mouth. He needs to feel and smell his food before eating it.

Finger Foods
for older babies and toddlers:

- Crackers
- Dry cereal – soften with milk
- Cooked rice
- Cooked noodles
- Cooked pieces of vegetables
- Soft peeled fruits
- Soft pieces of cheese
- Mashed beans or peas
- Scrambled egg
- Soft tiny pieces of cooked hamburger or ground turkey
- Pieces of toast

Dip toast in flavored yogurt, applesauce or baby food fruits – peaches, pears, apricots.

Finger foods are a fun way for your toddler to try new fruits and vegetables:

- Banana slices
- Mandarin oranges
- Cooked winter squash
- Cooked white or sweet potato
- Shredded cooked carrots
- Pear or peach slices
- Cooked green beans
- Cooked smashed peas
- Cooked broccoli
- Canned fruits

Fruity Pancakes
Make a small bowl of pancake batter. Follow the directions on your favorite pancake mix box.

1. Add a fruit:  
   **Banana Pancakes** – peel a banana and cut into thin slices. Dip banana slices in the pancake batter.  
   **Strawberry Pancakes** – Rinse strawberries. Stir together ½ cup tiny strawberry pieces and 1 cup pancake batter.

2. Spoon the batter into a non-stick frying pan. Cook over medium heat.

3. Flip pancakes and cook on both sides until lightly brown.
Pureed Vegetables

Baby foods are not just for babies. Toddlers can eat baby foods too.

Add more veggies to your toddler's meals with baby foods:

- Stir a couple spoonfuls of pureed carrots or squash into macaroni and cheese.
- Add some pureed green beans or carrots to a vegetable soup.
- Stir in some pureed carrots, squash or sweet potatoes into mashed potatoes, scalloped potatoes or mashed sweet potatoes.
- Add pureed carrots, peas or green beans when making meatballs, meatloaf or hamburger patties.

Scrambled Eggs

- Mix 1 tablespoon of pureed carrots or squash for each egg.
- Mix together and cook in skillet.

Dip and Eat

- Let your toddler dip small tender bites of hamburger, chicken, beef or pork into baby food.
- Dip into pureed green beans or carrots.
- Or dip in pureed applesauce, pears or peaches.

Dipping is a fun way to eat!

Can my baby drink both breastmilk and formula?

Yes, your baby can drink both. However, when your baby drinks formula and doesn’t breastfeed, your body will make less breastmilk.

Breastfeed often during the first month to help make a plentiful supply of breastmilk. Avoid formula during the first month or longer.

If you are using both breastmilk and formula, follow these suggestions to keep a good breastmilk supply:

- Breastfeed before leaving your baby. If you need to leave your baby for the day, try to breastfeed a couple times before leaving.
- Breastfeed your baby as soon as you are together with your baby.
- Pump breastmilk when you are away from your baby for more than 3 to 4 hours.
- Feed the breastmilk to your baby instead of formula.
- Breastfeed your baby more often on the days when you are together.
- Breastfeed your baby during the night whenever possible.

Remember...

Any amount of breastfeeding that you can do is best for your baby!