



# DEAR MOM AND DAD, HERE'S WHAT I NEED

## MY DIET

### 7 Months

#### Breakfast

- 2 tablespoons strained or mashed fruit
- 2-4 tablespoons of dry infant single grain cereal like oatmeal made with breast milk or formula
- Breast milk or 6-8 ounces of formula

#### Mid Morning

- 1-2 ounces of water in a cup
- Soft fruit, puffs or cereal O's, rice wafers or teething toast

#### Lunch

- 2 tablespoons of strained or mashed vegetables OR 2 tablespoons of strained or mashed fruit
- Breast milk or 6-8 ounces of formula

#### Dinner

- 2-4 tablespoons of dry infant single grain cereal like oatmeal made with breast milk or formula
- 2 tablespoon of strained meat or mashed beans or lentils
- 2 tablespoons of strained or mashed vegetables
- Breast milk or 6-8 ounces of formula

#### Bedtime

- Breast milk or 6-8 ounces of formula

### 8 - 9 Months

#### Breakfast

- 3-4 tablespoons strained or mashed fruit
- 2-4 tablespoons of dry infant cereal made with breast milk or formula
- Breast milk or 6-8 ounces of formula

#### Mid Morning

- 2 ounces of water in a cup
- Dry cereal O's, soft fruit, rice wafers or teething toast

#### Lunch

- 2 tablespoons of strained or finely chopped meat or meat substitute
- 3-4 tablespoons of strained or mashed vegetables OR 3-4 tablespoons of strained or mashed fruit
- Breast milk or 6-8 ounces of formula

#### Dinner

- 2 tablespoons of strained or finely chopped meat or meat substitute
- 3-4 tablespoons of strained or mashed vegetables
- 2-4 tablespoons of infant cereal, 1/2 slice of bread, or 3-4 tablespoons of pasta or rice
- Breast milk or 6-8 ounces of formula

#### Bedtime

- Breast milk or 6-8 ounces of formula



# MY DEVELOPMENT

## 7 to 8 Months

### Communication

- I should be creating single vocal sounds such as, “ba, ga, da, ka”
- I will use vocal signals to gain attention
- I may begin to repeat/imitate sounds that you make
- I may start to vocalize multiple sounds such as, “ba-ba, ga-ga, da-da”



### Physical and Emotional Development

- Allow time for me to play on the floor every day
- When I am placed in a sitting position on the floor, I should be able to sit upright, unsupported
- Point out new objects to me and name them
- I will get onto all 4’s/hands-and-knees position
- I may begin to react differently to strangers (cry, withdraw, stare)
- I will work to obtain toy/object that is out of reach
- I can pick up a small toy with one hand, and pass it back and forth between my hands

## 8 to 9 Months

### Communication

- I will vocalize similar sounds such as, “ba-ba, ga-ga, da-da”
- I may begin to use “mama” and “dada” as names
- I will begin to understand when you tell me “no”, and I will react to changes in the tone of your voice
- Read to me every day; point to pictures in the book for me
- Describe whatever I am looking at (example: “see the green ball?”)
- Teach me to wave “hi” and “bye”



### Physical and Emotional Development

- I will “barrel” roll, scoot, and/or crawl to get where I want to go
- I may begin to pull myself up to a standing position
- I can feed themselves a cracker/cookie
- I may attempt to pick up smaller items with a pincer grasp (with tips of fingers/thumb)
- I may hold an object in each hand (simultaneously) and smack them together
- I begin to play back and forth/sharing activities with baby

# WELL BABY VISITS AND VACCINES I NEED

My health care provider will check my development and growth at every well baby visit. I will attend a 9 month well baby visit, unless otherwise recommended by my health care provider. During my 9 month well baby visit, I might not receive vaccinations if my immunizations are up-to-date. Call my doctor in between well baby visits if you are concerned about my health or development.



The Influenza (or ‘flu’) vaccine is recommended for children over 6 months of age. If I’m receiving my first influenza vaccine, I will need two vaccines for full protection during flu season. Please ask my pediatric provider or nurse any questions you may have regarding immunizations.

### Free Immunization Resource

Call toll free 1-800-CDC-INFO or visit [www.cdc.gov/vaccines/parents](http://www.cdc.gov/vaccines/parents)

# HERE’S WHAT I NEED

- Sit me upright in a high chair to eat.
- I am ready for stage 2 foods and some soft table foods. I like to start picking up puffs and small pieces of soft table foods.
- Avoid giving me baby food dinners. They don’t have enough protein.
- Avoid giving me powdered, bottled or canned fruit drinks. Avoid giving me drinks with artificial sweeteners as well. It’s recommended to wait until 12 months of age to offer juice.
- Avoid giving me baby desserts and cookies as they have too much sugar.
- I am ready for a sippy cup. I can have 1-2 ounces of water with my meals to learn how to use a cup.

# HOW I LIKE TO EAT

- Let me drink formula, water or breast milk from a sippy cup or small plastic cup during snacks.
- I like to drink from a bottle or breast feed before naps and bedtime.
- Ask my pediatrician when to offer peanut butter, eggs, fish and wheat. The American Academy of Pediatrics recommends introducing peanut butter, eggs, fish and wheat before 1 year of age to reduce food allergies. Be sure to wait 3-5 days in between new foods I eat.