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“Practice Limited to Pediatrics”

Feeding Guide (9 Months)

As your child grows older, he will become more independent in his eating pattern. At this stage, he is likely eating 3 meals per day and may even require a few healthy snacks between meals. As his solid food intake increases, his breastmilk/formula intake will slightly decrease.

If you have not begun already, now is the time to begin finger foods. Your child will be able to safely enjoy soft, easy to swallow food cut into small pieces. Examples include small pieces of banana, avocado, well-cooked pasta, steamed carrots, etc. Fostering self-feeding is important but will be messy! Give him plenty of room and time.

Consider broadening your child’s diet. Whole milk products such as cottage cheese, plain cheese, and yogurt are nice additions. Experiment with foods of varying texture and flavor, but begin with only a small amount at a time. His gut is still too immature to fully appreciate your homemade chili! If he seems hungry between meals, give him finger foods, not sweets.

Continue to offer a cup with water at meal or snack time. Babies do not need juice but if you offer, limit 100% fruit juice to 4 ounces per day and dilute it with water.

Remember, good eating habits start early! Meal times should be a relaxed, fun time for you both. When possible, the whole family should eat together. Research suggests that having family meals on a regular basis has positive effects on the development of children.

