Months 9 to 11
Your Breastfed Baby

9 Months
Active and Alert!

- Your baby has just finished the most important brain and body development and you helped him reach his maximum potential by giving him breastmilk!
- Often babies who are exclusively breastfed are more alert and more active than babies who are given formula.
- After introducing solids, many moms find their menstrual cycle returns around this time. It is not uncommon for your milk supply to decrease slightly just before or during the first day of your period. This is temporary and your supply will likely return to normal within 24 hours. It can also alter the taste of your breastmilk for 24 hours, so continue to encourage your baby if they seem disinterested at a feeding.
- Babies at this age continue to be distracted. Try nursing in a quiet room or when your baby is getting sleepy. If your baby is just too busy to breastfeed, you can always express your breastmilk and offer it to them in a sippy cup.
- Your baby should continue to breastfeed about 4 to 5 times in 24 hours.

HEALTHY GALLATIN

Montana WIC

WIC is an equal opportunity provider.

Finger and Table Foods
Getting started!

- Many babies have mastered the art of pureed solids now and have likely moved on to more textured foods you feed them with a spoon. They are able to pick up small items with their thumb and forefinger by this time.
- Offer foods that are soft and chewable or that dissolve like Cheerios when wet. You can progress as your baby is ready and masters each texture. As with introducing pureed foods, try one new food every few days to watch for allergies.
- Always have your baby in a high chair and supervised by an adult. Babies and children who are choking, will often make no sound.
- Please ask us for a handout on recommended finger and table foods for your baby!

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10 to 11 Months

Busy babies!

- Your baby is starting to cruise, crawl, and may be walking! All of this activity can mean there is no pattern any more to breastfeeding. Some days they may nurse frequently and other days they are just too busy to stop.
- On days of lots of activity, be sure to offer breastfeeding even if they don't seem interested at first.
- There will be days where all the activity becomes overwhelming and your baby will be overstimulated, it's not uncommon for them to want to nurse frequently to reconnect and de-stress at those times.
- Your baby is probably eating solids 3 times a day or more now. Breastmilk is still the key component in their diet and will continue to provide them with immunities to protect them from the germs they encounter when exploring.

Introducing Whole Milk

- This can be a great time to introduce whole milk if your baby has already had other dairy products added to their diet such as cheese and yogurt.
- It's important to remember that adjusting to cow's milk can be a big change for little tummies. Do not move too fast! Only offer 1 to 2 ounces of whole milk in a sippy cup with solid foods at a meal. Watch to see if your baby tolerates it well for several days before offering it at a second meal. This can be a gradual change that should take weeks before your baby is drinking milk.
- Never offer whole milk in a bottle or on an empty stomach.
- Remember, at 1 year your baby will only need 16 ounces total of dairy per day to meet their nutritional needs. Most sippy cups are 16 ounces or more! Offering 8 ounces of milk over the course of a day in addition to a slice of cheese and yogurt would meet all their needs for dairy at 1 year.