

A top-down view of a child's hand holding a small, bright orange slice of mango. The hand is positioned over a light green plastic tray that contains several other pieces of mango. The background is a white surface with a subtle geometric pattern. The text 'I can eat finger foods' is overlaid on the left side of the image, with 'I can eat' in green, 'finger' in blue, and 'foods' in orange. Below the main title, the text 'starting around 9 months' is written in green.

I can eat
finger
foods

starting around 9 months

When I am ready, around 9 or 10 months, I can start feeding myself! I am learning to use my thumb and fingers to pick up small things.

Start with very small pieces of soft foods.

Give me lots of practice feeding myself. Let me touch and play with my food. I am messy when I eat. This is how I learn!

Offer me small servings of foods. My stomach is little. Let me decide how much to eat. I know if I am hungry.

Let me try different foods. If I don't like something at first, don't worry. Offer me a little bit next time.

Let me eat with our family. I can sit in a high chair or a booster seat at the table.

By the time I am one year old, I will probably eat most of our family foods. Feed me breakfast, lunch and dinner, with snacks in between.

Don't give me foods that I can choke on such as: raw hard vegetables, whole grapes, spoonfuls of peanut butter, chips, nuts, popcorn, hot dogs, chunks of meat, and hard candy. Once I turn one year old, stay close by if you give me dried fruits.



finger foods

starting around 9 months



Papaya chopped

Here are some healthy choices for me!
Start with one or two tablespoons of each food.
Let me ask for more.



Meatballs
in tiny chunks



Tangerine
chopped



Green Beans
cooked



Brown Rice



Zucchini
cooked



Pita Bread



Ripe Melon



Beans
cooked and mashed



Apple
shredded



Sweet Potato
cooked and peeled



Cherry Tomatoes
in small bits



Grapes
sliced



Cheese
diced



Whole Grain Toast with
Baby Food Fruit Spread



Macaroni and
Cheese



O-shaped
Cereal



Hard-boiled Egg
chopped
(after 12 months)



Kiwi
chopped



Soft Quesadilla
in small pieces



Banana
chopped



Tofu
chopped



Avocado



Grilled Cheese
in small pieces



Carrot
well-cooked and diced



Mixed Vegetables
cooked



Broccoli
in small pieces cooked



Graham Crackers
(avoid honey types until
12 months)

finger foods

starting around
9 months



Papaya chopped

Here are some healthy choices for me!
Start with one or two tablespoons of each food.
Let me ask for more.

Keep this list

on our refrigerator for
quick finger food ideas at
breakfast, lunch, dinner or
snack time.



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