

9-12 Months

What to DO:

- “Walk” with your baby.
- Roll a ball with your baby.
- Play “follow the leader” – but YOU imitate what your baby does!
- Make a tunnel with cardboard boxes and crawl through with your baby.



FEEDING your baby

- Breastfeed first.
- Mealtime should be a “social” time not a chore – avoid saying “no”.
- **BABY WILL BE MESSY**
– plan baths after meals.
- Let baby stop eating when he/she wants
– don’t insist the plate be “clean”.



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Questions? For more information contact the members of the Breastfeeding Coalition of Solano County. www.solanocounty.com/breastfeeding

Call 707-784-2200 and ask for the local WIC office.

Your Baby’s First Year Of Active Living and Healthy Eating

0-3 Months

What to DO:

- Use the baby as your “weights”.
- Take walks using a sling to hold your baby and keep your arms free.
- During “tummy time” lie next to your baby and:
 - Do leg lifts
 - Do push-ups
 - Do sit-ups



FEEDING your baby

- Breastfeed when your baby signals hunger (sucking, sounds, sucking hand).
- **STOP** feeding when your baby stops.



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3-6 months

What to DO:

- Dance with your baby.
- Lie on your back and lift the baby above your head.
- Have your baby straddle your leg and play the “horse” game (leg lifts).
- Put baby in a stroller and take a walk!
- Bounce a ball nearby so the baby follows it with his/her eyes.



Feeding your baby

- Feed on cue – if your baby has some days when he/she wants to eat more often – breastfeed more often! Your milk supply will increase.
- Instead of giving your baby “comfort” foods – play a game!



6-9 Months

What to DO:

- Crawl together.
- Build a mountain of pillows and climb over it with your baby.
- Take the baby to the park and swing together.
- Take walks with the baby in a sling, so you get more exercise.



Feeding your baby

- Breastfeed first.
- Start with iron-rich foods
- Start with food slowly, one a week.
- Put juice or water in a cup, not a bottle.
- Mix juice with water and give no more than 4 ounces a day.

