



Nine Month Edition

From Marisela,
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(Spanish speaking)

WIC is an equal opportunity provider

How long should a mother breastfeed? The simple answer is that you and your baby should breastfeed for as long as you are comfortable with. The World Health Organization (WHO) recommends to breastfeed for at least 2 years of age; but the choice is yours and we are here to support your goals.

Babies can use a cup by this age. You can offer one at meal and snacks. Try using a cup instead of a spill proof cup. If using a bottle, plan to wean from the bottle by one year of age. Bottles and spill proof cup use past age one can lead to tooth decay.



Learning to Eat With the Family

It is an exciting time for you, your family, and your baby when he or she is able to feed themselves. It allows them to experience new tastes, textures, and temperatures with their hands and in their mouths.

Some great finger foods to offer are:

Cooked, grated, or sliced vegetables

Sliced bananas or very small pieces of fruit

Cubes or triangles of bread

Dry WIC cereal

Small pieces of soft cheese like mozzarella

Whole grain macaroni, pasta, or rice

Small cubes of well-cooked meat or poultry

Canned black or pinto beans

Sliced watermelon

Pieces of pancakes or waffles

Is your baby no longer liking the jarred baby fruits and vegetables? Call WIC and find out what other options are available to you! 920-929-3104
