

## Development of Infant Feeding Skills

Age	Foods to Help Your Baby Eat Smart	Physical Signs	Feeding Skills	Hunger Signs	Full Signs
<b>Birth to 3 Months</b>	<ul style="list-style-type: none"> <li>Breast milk or formula exclusively for the first six months</li> </ul>	<ul style="list-style-type: none"> <li>Poor head, neck, and body control</li> </ul>	<ul style="list-style-type: none"> <li>Turns mouth toward nipple</li> <li>Sucks and swallows</li> <li>Sticks tongue out when anything is placed in mouth</li> </ul>	<ul style="list-style-type: none"> <li>Moves arms and legs a lot, tosses</li> <li>Sucks on fist</li> <li>Cries or fusses</li> <li>Opens mouth while feeding, wanting more</li> </ul>	<ul style="list-style-type: none"> <li>Closes mouth, turns head away from breast or bottle, relaxes hands</li> <li>Seals lips together, slow down or stop sucking</li> <li>Relaxed, sleepy, or falls asleep</li> </ul>
<b>3 to 6 Months</b>	<ul style="list-style-type: none"> <li>Breast milk or formula exclusively for the first six months</li> </ul>	<ul style="list-style-type: none"> <li>Holds head up</li> <li>Uses hands to pick things up and put them in mouth</li> <li>Sits with support</li> </ul>	<ul style="list-style-type: none"> <li>Up and down motions of jaw begin</li> </ul>	<ul style="list-style-type: none"> <li>Cries or fusses</li> <li>Smiles, coos, or gazes to indicate wanting more</li> </ul>	<ul style="list-style-type: none"> <li>Closes mouth, turns head or pushes away from breast or bottle, relaxes hands</li> <li>May pay attention to surroundings more, distracted</li> </ul>
<b>6 to 9 Months</b>	<ul style="list-style-type: none"> <li>Breast milk or formula</li> <li>Introduce one food at a time.</li> <li>Wait 3–5 days between each new food.</li> <li>Offer 1–2 tablespoons of food at meal time</li> <li>Aim for a variety of textures and flavors, with a focus on iron-rich foods</li> <li>Try foods multiple times</li> </ul>	<ul style="list-style-type: none"> <li>Begins sitting on own</li> <li>Eyes and hands work together</li> <li>Transfers items from one hand to another</li> </ul>	<ul style="list-style-type: none"> <li>Opens mouth when sees food</li> <li>Tongue moves food from side to side</li> <li>Can grasp large pieces of food</li> <li>Drinks from a cup with some spilling</li> </ul>	<ul style="list-style-type: none"> <li>Reaches for food or spoon</li> <li>Points at food</li> </ul>	<ul style="list-style-type: none"> <li>Eating slows down</li> <li>Clenches mouth or pushes food away</li> <li>May pay attention to surroundings more, distracted</li> </ul>
<b>9 to 12 Months</b>	<ul style="list-style-type: none"> <li>Breast milk or formula</li> <li>Increase to 3-4 tablespoons of food at meal time and offer 2-3 healthy snacks per day</li> <li>Aim for a variety of textures and flavors, with a focus on iron-rich foods</li> <li>Try foods multiple times</li> </ul>	<ul style="list-style-type: none"> <li>Uses hands to hold cup</li> <li>Pulls up and walks</li> </ul>	<ul style="list-style-type: none"> <li>Feeds self easily with fingers</li> <li>Begins to guide spoon to mouth</li> <li>Demands to spoon-feed themselves</li> <li>Can drink from a straw</li> </ul>	<ul style="list-style-type: none"> <li>Uses words or sounds for specific foods</li> </ul>	<ul style="list-style-type: none"> <li>Eating slows down, clenches mouth shut, pushes food away, shakes head to say “no more”</li> </ul>

**Note:** if your child was born prematurely or has a health problem, this list may not apply. If this is the case, ask your doctor to provide you with an idea of what to expect.

**References:** [cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html](https://www.cdc.gov/nutrition/infantandtoddlernutrition/foods-and-drinks/when-to-introduce-solid-foods.html)  
[fns.usda.gov/wicworks/Topics/FG/AppendixD\\_GuidelinesforFeeding.pdf](https://www.fns.usda.gov/wicworks/Topics/FG/AppendixD_GuidelinesforFeeding.pdf)

# Stuffed Bell Peppers

Makes 4 servings | Serving Size: 1 pepper



**165°F** Cook and reheat to an internal temperature of 165°F.

 **Tips:** If peppers are out of season, use cabbage leaves.

If your baby is at least 8–10 months of age, try setting aside a little of the plain ground turkey and rice. Add a plain veggie for your baby to try at dinner. Avoid adding salt or onion.

## Nutrition information

### Per Serving

260 calories	
Total Fat	7 g
Saturated Fat	2 g
Protein	24 g
Total Carbohydrate	24 g
Dietary Fiber	3 g
Sodium	410 mg

 **Excellent Source of Vitamin C**

 **Excellent Source of Iron**

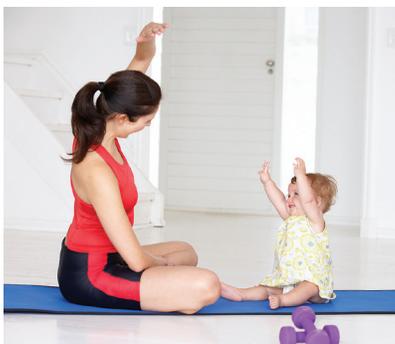
 **Good Source of Vitamin A**

## Ingredients

- 1 pound lean ground turkey
- 1/3 cup finely chopped onion
- 1 (15-ounce) can no-salt, no sugar added tomato sauce (divided)
- 1/4 cup water
- 1 teaspoon salt
- 1/8 teaspoon pepper
- 1/2 cup uncooked instant rice
- 4 medium green peppers

## Directions

1. Crumble turkey into a 1½ quart microwave-safe bowl; add onion.
2. Cover and microwave on high for 3-4 minutes or until meat is browned; drain.
3. Stir in 1/2 can of tomato sauce, water, salt, and pepper.
4. Cover and microwave on high for 2-3 minutes.
5. Stir in rice; cover and let stand for 5 minutes.
6. Remove tops and seeds from the peppers.
7. Fill peppers with meat mixture.
8. Place in an ungreased, microwave-safe, shallow baking dish.
9. Spoon remaining tomato sauce over peppers; cover and microwave on high for 12-15 minutes or until peppers are tender.
10. Let stand for 5 minutes before serving.



## Take a Stretch Break!

Pick one or two days this week that you can take 15 – 20 minutes to do some simple stretching. You will be surprised how much better you will feel. If your baby sits up by themselves, include them in your stretching time. You can even do some stretching while you are watching TV or your baby is napping. **What day this week will you get started?**