

8 MONTHS – Moo! Questions about Cow’s Milk Answered



Hello! Your baby is 8 months old. They may be eating a variety of solid foods and are probably moving around the house crawling! To keep them full of energy, we’ll be talking about learning to eat new textures, milk, and being active.



Learning to Eat

Letting your baby feed themselves can be messy but it is a great way to help them explore and become comfortable with new foods and flavours. Your baby can be offered a variety of textures, including soft finger foods as early as 6 months of age, and will progress with new textures including finger foods with lots of practice and supervision. Here are some ideas for finger foods:

- Pieces of soft veggies and fruit like bananas, peaches, and avocados.
- Cooked veggies and fruit like sweet potato, broccoli, and apples.
- Grated foods like carrot, cheese, and tofu.
- Lumpy foods like mashed black beans or cooked meat and chopped cooked egg.
- Whole grains like bread, dry cereal, and cooked small pasta.

Cow’s Milk

Starting between 9 and 12 months of age, and when your baby is eating a variety of iron-rich foods, you can introduce homogenized cow milk (3.25% M.F). If you decide to introduce cow’s milk limit it to no more than 3 cups per day. If you are breastfeeding, continue to breastfeed in response to your child’s cues. Plant-based (e.g., almond or rice milk) and skim or partly skimmed milks (1% and 2% M.F.) aren’t recommended for children younger than 2 years of age. These milks do not contain enough fat and other nutrients that your baby needs.

If your baby has a milk allergy or intolerance, is vegan, or avoids milk products for any reason, speak to your health care provider about alternatives or call [811](tel:811) to speak to a Registered Dietitian.



Move More, Sit Less

[Children need movement](#) to develop social skills, manage their feelings, sleep, and maintain a healthy body weight. Being active reduces your child's risk for chronic diseases like diabetes and high blood pressure when they are older.

[Sedentary time](#) is when your baby isn't moving. This may be when they are in a stroller or highchair. Limit this to no more than 1 hour at a time.

[Physical literacy](#) is when children have the skills and confidence to be active. You can help your baby to develop physical literacy by giving them time for free play and letting them move their body in new ways.

Encourage your baby to try new things and cheer them on!

Here are some tips to help your baby move more and sit less:

- Offer lots of floor time. Limit use of playpens and infant seats.
- Roll a ball back and forth with your baby.
- Try to get outside every day.



Planning your Next Pregnancy

Planning your next pregnancy is a very personal decision. It is recommended to wait at least 18 months between pregnancies. This gap gives your body time to recover and gives a better chance for your next baby to be healthy.

Pregnancy Planning



Water Babies

Some babies love water, and some babies do not! If you and your family love the water, there are aquatics programs in our area for you and your baby. Check them out!

- [Peterborough Sport and Wellness Centre](#)
- [YMCA](#)

In the summer, public beaches are tested from June until the end of August by Peterborough Public Health to ensure that the water quality is safe for swimming. Check out the [Beach Testing Results](#) and some information about [water safety](#).

Enjoy the month playing and moving more! We'll connect again next month when your baby turns 9 months old!