

first finger foods

What Every Parent Needs to Know



Finger foods are **small pieces of safe foods** that your little one can pick up and eat by herself.

You can introduce finger foods once your child can sit up on her own, **masters the art of chewing** (it doesn't matter how many teeth she has), and can **use her thumb and fingers** to pick up small things (this is often called the pincer grasp). All of this usually happens around 9 months. Always check with your doctor before starting your child on finger foods.

To stay safe, always have your child **sit up while eating**, and **remain nearby** in case she starts choking.

Good Foods to Try

- Cheerios™ cereal (the one in the yellow box)
- Wafer-type crackers, bread, and soft tortillas (without nuts, seeds, or chunks)
- Soft canned fruit, cut into small slices
- Well-cooked vegetables, cut into small cubes
- Well-cooked noodles
- Tiny cubes of soft tofu
- Yogurt, cottage cheese, and scrambled eggs

Foods to Avoid

- Grapes, berries, or raisins
- Nuts
- Potato chips or popcorn
- Fruit that is under ripe, dried, unpeeled, or in chunks
- Corn
- Candy, gum, and marshmallows
- Raw or undercooked vegetables
- Hot dogs or luncheon meats
- Chunks of peanut butter

These foods are unsafe because they may cause choking in a young child.