

Resources for promoting best practices in Infant Feeding

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American Academy of Pediatrics guidelines and recommendations to parents

- AAP – HALF Initiative: Healthy Active Living for Families Right from the Start: Recommendations by Age – Infant Food and Feeding – Food Introduction

<http://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Infant-Food-and-Feeding.aspx#none>

- American Academy of Pediatrics, HealthyChildren.org, Pediatric health information specially customized for families and caregivers. Can be printed and listened to. In English and Spanish.

<http://www.healthychildren.org/English/ages-stages/Pages/default.aspx>

- AAP, Healthy Children.org, Switching to Solid Foods document:

<http://www.healthychildren.org/English/ages-stages/baby/feeding-nutrition/Pages/Switching-To-Solid-Foods.aspx>

Child Care and Early Learning policy information and Handouts

- Public Health Seattle King Co. Child Care Health Program, Nutrition information and handouts for child care providers: Prevent Choking in Children Brochure; Babies were Born to Breastfeed – Policy Guidelines; Healthy Mealtimes – Beyond the Regulations

<http://www.kingcounty.gov/healthservices/health/child/childcare/HealthyEating.aspx>

- National Resource Center for Health and Safety in Child Care and Early Education:

User Guide for the Licensing Toolkit Action Sheets – Promote Healthy Infant Practices: A list of the best practice standards from Caring for Our Children, 2012

<http://nrckids.org/index.cfm/products/licensing-toolkits/infant-feeding-practices-toolkit/>

Videos for trainings:

- NCAST: Baby Cues – A Child’s First Language, DVD and Cards (English and Spanish) Great for doing trainings on responsive feeding to infant room staff

<http://www.ncast.org/index.cfm?category=16>

- Ellyn Satter Institute: How to Feed/How to Eat handouts for parents and caregivers. Go to Shop: [Ellyn Satter's Feeding with Love and Good Sense II DVD](#) (group programming or teaching) for 149.00

<http://ellynsatterinstitute.org/index.php>

- WithinReach and the Breastfeeding Coalition of Washington – My Guide to Working and Breastfeeding

http://www.withinreachwa.org/wp-content/uploads/2013/05/Breastfeeding_Working_Washington.pdf

Dispelling Myths:

- **Start with rice cereal first.**

For most babies it does not matter what the first solid foods are. By tradition, single-grain cereals are usually introduced first. However, there is no medical evidence that introducing solid foods in any particular order has an advantage for your baby.

- **Add meat only after many other foods have been offered first, around 9 – 10 months**

If your baby has been mostly breastfeeding, he may benefit from baby food made with meat, which contains more easily absorbed sources of iron and zinc that are needed by 4 to 6 months of age. Check with your child's doctor.

- **Add finger foods only after baby is used to getting purred and strained foods, about 9 – 10 months**

Once your baby can sit up and bring her hands or other objects to her mouth, you can give her finger foods to help her learn to feed herself. To avoid **choking**, make sure anything you give your baby is soft, easy to swallow, and cut into small pieces. Some examples include:

Small pieces of banana

Wafer-type cookies or crackers

Scrambled eggs

Well-cooked pasta

Well-cooked chicken finely chopped

Well-cooked and cut up yellow squash, peas, and potatoes

At each of your baby's daily meals, she should be eating about 4 ounces, or the amount in one small jar of strained baby food. Limit giving your baby foods that are made for adults. These foods often contain more salt and other preservatives.

- **Solid foods make the baby sleep longer and should be added around 4 months.**

*The AAP recommends **breastfeeding** as the sole source of nutrition for your baby for about 6 months. When you add solid foods to your baby's diet, continue breastfeeding until at least 12 months. You can continue to*

*breastfeed after 12 months if you and your baby desire. Check with your child's doctor about **vitamin D** and **iron supplements** during the first year.*

Let developmental readiness be the guide:

Can he hold his head up? Your baby should be able to sit in a high chair, feeding seat, or infant seat with good head control.

Does he open his mouth when food comes his way? Babies may be ready if they watch you eating, reach for your food, and seem eager to be fed.

Can he move food from a spoon into his throat? If you offer a spoon of rice cereal and he pushes it out of his mouth and it dribbles onto his chin, he may not have the ability to move it to the back of his mouth to swallow it. It's normal. Remember, he's never had anything thicker than breast milk or formula before, and this may take some getting used to. Try diluting it the first few times, then gradually thicken the texture. You may also want to wait a week or two and try again.