

# GROWING LEAPS AND BOUNDS<sup>®</sup>

SERIES: 6 OF 12



A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS

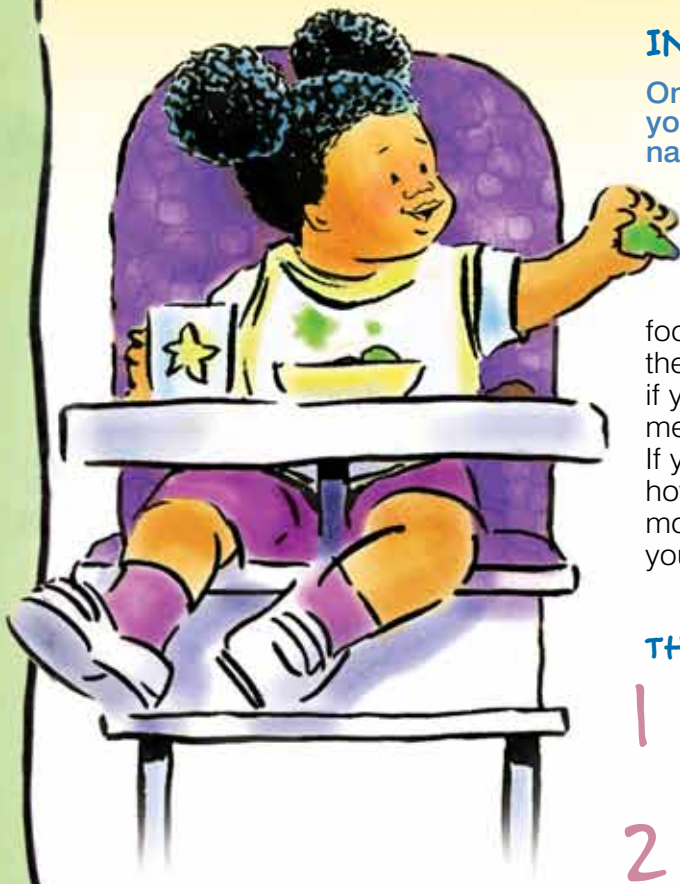
## WONDERFUL ONE

Your baby has developed so quickly! He eats many family foods and enjoys sitting with you at meals. He may walk and even say a few words. Continue to help him develop confidence in his new skills.

### Until Your Next Well-Child Visit...

- Choose and serve your baby's beverages wisely.
- Do something active with your baby every day. Create a safe, childproof, and enriched space and help him explore.
- Learn how to respond to your baby's varied reactions to different foods and his growing ability to feed himself.





## INTRODUCING NEW FOODS

One of your jobs as parent and caregiver is to support your child in a way that helps her overcome her natural fears of new foods and eating experiences.

Offer new foods without much fuss; just place a couple of small pieces on your child's plate or high chair tray. Say something like, "Here are pieces of broccoli," without calling a lot of attention to the new food. If you are eating at the same time, put some of the new food on your plate and eat it. Don't say a word if your child does not touch the new food. At the end of mealtime, clean up. Try the new food again the next day. If your child does try the new food, you could say, "I like how you are trying broccoli." Be very matter-of-fact – the more pressure you place on trying a new food, the more your child may resist trying it!

## THE TRANSITION TO TABLE FOOD

- 1 Serve your baby's meal during family mealtime whenever possible.
- 2 Use unbreakable cups instead of bottles and "sippy cups": Put just a small amount of whole milk in a small cup (one to two ounces to start) and let your baby learn to drink on her own.

- 3 Your baby still needs some help with self-feeding, but don't be surprised if she pushes you away. Some babies are extremely independent.

- 4 Supervise your baby constantly to make sure she doesn't choke. Some babies stuff their mouths with as much food as possible because they are learning to judge amounts and to control food in their mouths.



- 5 Allow your child to continue to "explore and play" with her food and her spoon. She learns by playing. Let her make a mess, but give her only as much at one time as you're willing to clean up!
- 6 Serve spoon-friendly foods like applesauce, yogurt, cooked cereal, cottage cheese, macaroni and cheese, and mashed vegetables and fruits.

## JUST LIKE YOU, YOUR BABY NEEDS A BALANCED DIET FOR GOOD NUTRITION.

Over the course of the day, make sure that he gets protein (milk, meat, cheese, beans), carbohydrates (bread, cereal, fruits, vegetables), and fat (in foods like dairy products, meats). Encourage him to eat fruits and vegetables – they're rich in important vitamins and minerals. Talk to his doctor about whether he needs to take a vitamin supplement.

Switch from formula to pasteurized whole milk now. Your baby needs the fat and calories in whole milk, so don't give him fat-free or lowfat milk. Serve a total of about 24 ounces a day. Talk to your baby's doctor if he is not drinking milk; it supplies calcium, vitamin D, protein, and other nutrients he needs to grow.

### BREAKFAST Try to include three different types of foods:

- Pasteurized whole milk in a cup
- Iron-fortified cereal or "meltable" finger-food cereal
- Cooked or chopped fruit like pears or bananas



### LUNCH Try to include four different types of foods:

- Pasteurized whole milk in a cup
- Cheese, meat, or chicken, cut into cubes; or scrambled eggs
- Whole-wheat bread, English muffin, or tortilla, cut into strips
- Cooked vegetables like frozen carrots and peas



### DINNER Try to include four different types of foods:

- Pasteurized whole milk in a cup
- Brown rice or pasta
- Cooked vegetables like squash and sweet potatoes
- Finely chopped chicken or meat, canned beans, tofu, or fish



### SNACKS Try to include two or three snacks daily:



- "Meltable" ready-to-eat unsweetened cereal
- Small "meltable" crackers or "baby cookies"
- Toast, cut into strips
- Chopped or canned fruit
- Cooked vegetables
- Yogurt
- 100% fruit juice (no more than four to six ounces)



### THINK ABOUT DRINKS!

- Now is the time to phase out bottle-feeding or breast-feeding.
- Serve whole milk and water to drink.
- If you offer juice, limit it to four to six ounces of 100% fruit juice per day.
- Avoid giving your child soda, fruit drinks, and non-carbonated soft drinks.

## A FEW WORDS ABOUT FEEDING SAFETY

- Teach your baby that only food should go in his mouth.
- Feed your baby when he is sitting down, and do not give him food when he is crawling, walking around, or riding in the car. This helps prevent choking and teaches him that the table is the place to eat.
- Even if your baby seems to be quite skilled at eating, avoid giving him foods that can be a choking hazard, like all types of nuts, whole grapes, hard candies, and hot dogs. Cut foods like hot dogs and grapes into small pieces.

## NOW WOULD BE A GOOD TIME TO...

- Start phasing out the bottle. Bottle-feeding is so familiar that your baby might prefer drinking to eating, but she needs the nutrition in foods now to develop and grow.
- Use a very soft toothbrush to brush your baby's gums and new teeth twice a day. Use a children's tooth gel rather than adult toothpaste.

## PORTION GUIDE



Your baby's growth is starting to slow, so don't be surprised if he fills up quickly. At a meal, serve one to four tablespoons of a vegetable or fruit, cereal, and either cooked egg yolk, meat, or cheese. Begin with a few bites of each food to start; you always can give your child more. If he throws his food on the floor, he probably isn't hungry or he wants to get your reaction!

## HELPFUL HINTS

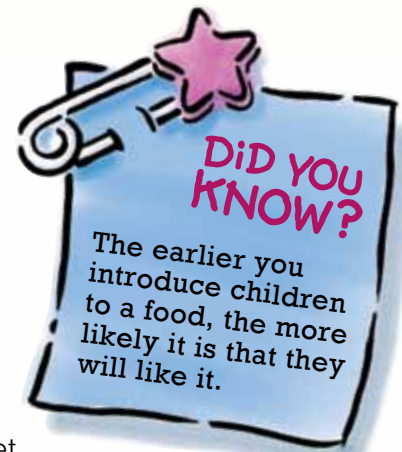
- Let your baby decide how much to eat. Sometimes he will be really hungry, and sometimes he will not be hungry at all. His growth has slowed down, so he doesn't need to eat as much.
- Sit with and talk to your baby while he eats. If he throws food or makes a mess on purpose, he may be trying to get your attention.
- Be sure to tell your baby how nicely he is feeding himself, even though he is messy. Being messy is normal for babies this age.
- Tell all relatives, sitters, and nannies exactly which foods and approximately how much your baby typically eats for meals and snacks. Other babies they care for may have completely different eating habits.



## WHOOPS! YOU BLINKED, AND THERE SHE WENT, OFF TO EXPLORE.

She may stand for short periods without support, use furniture to cruise around, or even take a few steps on her own. She still may prefer crawling to get someplace in a hurry. Family members are her favorite playmates; she also loves being with older children who can play with her. With friends her age, she “parallel plays” and does her own thing while her friends do theirs.

- Continue to help your baby get as much structured and unstructured physical activity as possible each day. Avoid television and videos.
- She wants to move around. Hold your baby's hands for support to help her walk, or give her a wagon to push around.
- Continue to get rid of hazards like cords, uncovered outlets, and sharp corners. Move glass items and other breakables out of your baby's reach.
- Use lively facial expressions and body movements or an animated voice to get your baby excited about activity.
- Children love to do the same things that their parents do, so let your child “sweep” with a broom, push the empty stroller, or dust with a clean cloth. What is work for you is fun for your baby.
- Set aside enough time for supervised bathtub play. Plastic bottles and cups make great bath toys.
- When you play outside, keep your baby in a shaded spot if possible and use sunscreen lotion. Avoid outside playtime during the hottest hours of the day and be sure to bring water for you and your baby to drink.
- Help your baby develop her fine motor skills by having her pick up cereal like oat rings and put them in a bowl. Use a variety of big and little things that you find around the house to help her develop these important skills.



## YOU, YOUR CHILD, AND FOOD

Mealtime requires creating a partnership between you and your child. Your job is to decide which foods to buy and how and when to serve them. You, not your child, control the food supply in the house, so buy foods you want your child to learn to like. Your child's job is to decide how much to eat. If you let your child control how much he eats, it may be easier for him to maintain a healthy weight as he gets older. The following basics can help you create a healthy partnership:

- Establish regular times for meals and snacks.
- Have your child eat his meals at the table with the family and sit when eating snacks. Try to keep him seated for 10 to 15 minutes, even if he doesn't want to eat or finishes before the rest of the family does.
- Don't become a short-order cook. Plan meals that include at least one or two foods that your baby usually likes.
- Respect your child's appetite. End meals with a simple statement: "It looks like you're done."

Always talk with your baby's doctor when you have questions about your baby's growth, development, and overall health. Ask which situations should prompt an immediate phone call, a visit to the office, or a trip to the emergency room.



The Dannon Institute is a non-profit foundation dedicated to promoting research, education, and communication about the link between nutrition and good health. "Growing Leaps and Bounds™" was created to help build a solid foundation of healthy eating and activity for your child, now and for the future. The Dannon Institute is supported by The Dannon Company, Inc.

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