

GROWING LEAPS AND BOUNDS®

SERIES: 4 OF 12



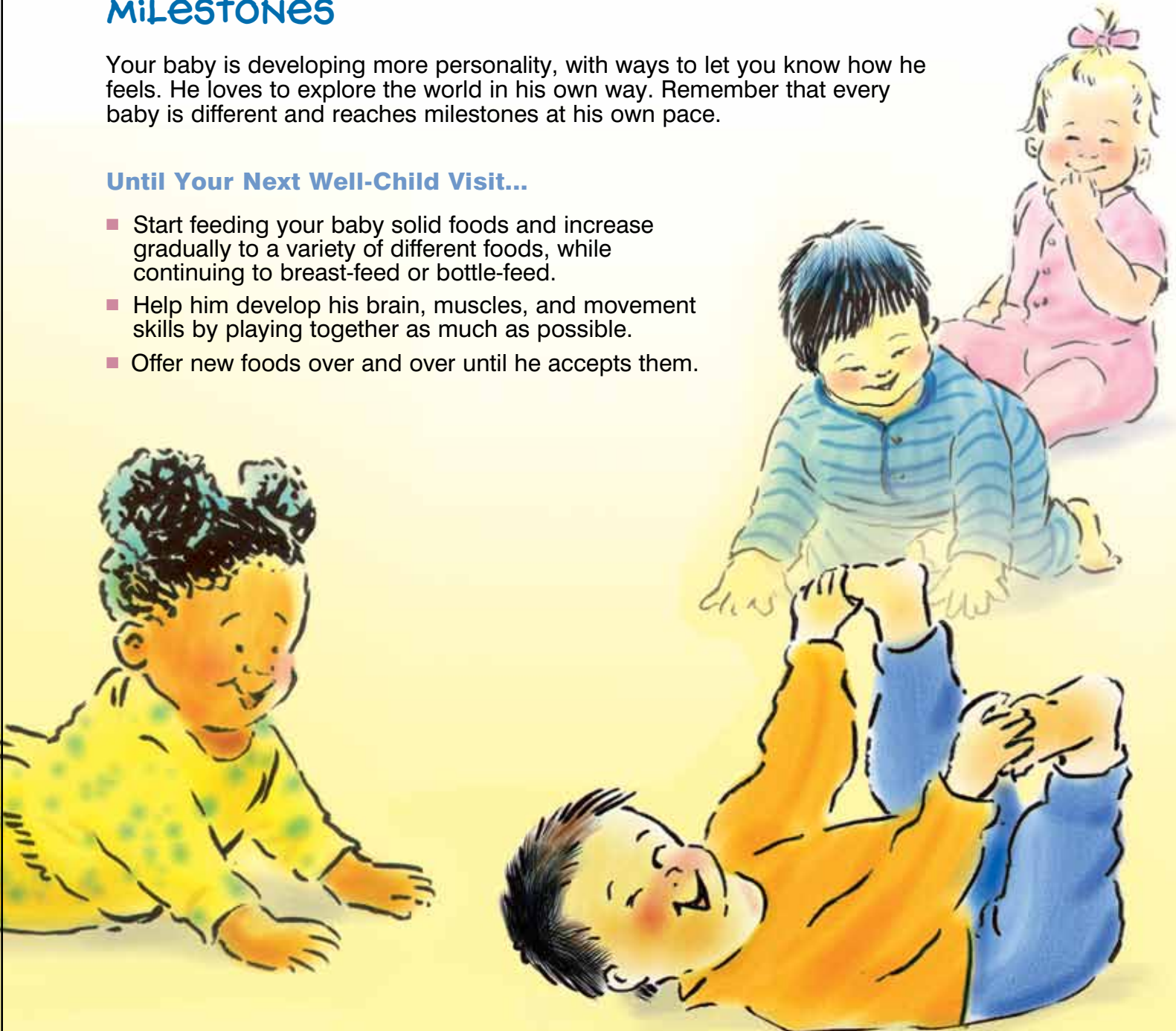
A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS

MILESTONES

Your baby is developing more personality, with ways to let you know how he feels. He loves to explore the world in his own way. Remember that every baby is different and reaches milestones at his own pace.

Until Your Next Well-Child Visit...

- Start feeding your baby solid foods and increase gradually to a variety of different foods, while continuing to breast-feed or bottle-feed.
- Help him develop his brain, muscles, and movement skills by playing together as much as possible.
- Offer new foods over and over until he accepts them.



GETTING STARTED ON SOLID FOODS

This is the age that many doctors suggest starting solid foods. Your baby is ready for solids if she makes chewing motions with her mouth, moves spoonfuls of cereal from side to side in her mouth with her tongue, and swallows more food than she pushes out. Keep her portions small since her stomach is tiny! Tell her the names of the foods you're serving – this helps her learn.

Remember that breast milk or formula still supplies most of her nutrition.

FIRST FOODS

Single-ingredient cereals like rice and barley often are recommended first. Try just one at a time and watch your baby for a few days to make sure she doesn't get a rash or have diarrhea. It is normal that the consistency or the color of the stool may change slightly with solids.

Iron-fortified rice or barley cereal – Mixed only with breast milk, formula, or water to the thickness of pea soup and served at room temperature. Start with one tablespoon two or three times daily.

NEXT FOODS

Once your baby eats cereal without any trouble, it doesn't really matter which of these you try next. Your baby's doctor may suggest introducing certain types of foods before others. Continue to introduce just one new food at a time and watch your baby for allergic reactions like skin rashes, difficulty breathing, or tummy troubles.

Other baby cereals – Iron-fortified oatmeal, prepared like rice or barley cereal as above.

Pureed vegetables – Finely pureed, jarred or homemade baby peas, green beans, spinach, squash, sweet potatoes, or carrots. Start with one tablespoon once or twice daily.

Strained meats – Finely pureed, jarred or homemade chicken or meat (beef, lamb, veal, pork). Start with one tablespoon once daily.



Pureed or very soft fruits – Finely pureed, jarred single fruits like apples, bananas, peaches, pears, or prunes, or a very soft, ripe banana (avoid fruits that have seeds or may cause allergies, like berries). Start with one tablespoon once or twice daily.

Combination Foods – Jarred or homemade combinations of cereal plus fruit or vegetables that already are in your baby's diet.

BEVERAGES

Breast milk or formula feeding – Breast-feed up to five times daily or bottle-feed three to four times each day, after and between meals.

Water – As needed in hot weather.

Juice – Limit juice to four to six ounces of 100% fruit juice per day for only those infants who can drink from a cup. It is not recommended that juice be served in bottles.

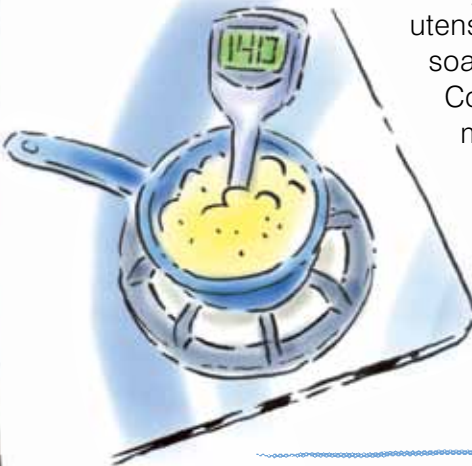
FIRST BITES

- 1 Serve solids when baby is calmest and shows signs of hunger, like squirming and fussiness. Swallowing and chewing are new skills and can be difficult, but a hungry baby wants to eat and is eager to learn.
- 2 Continue to serve small portions, maybe as little as one or two tablespoons of each food as a meal. Do not force your baby to eat more. Look for signs that your baby is full.
- 3 Use small utensils and bowls; your baby's mouth and stomach are tiny.
- 4 If necessary, offer the same food again and again over several days or weeks – it may take a while before your baby starts to like it. Many children are surprised by or reluctant to try new things, including new foods and solids, which involve more textures, flavors, and colors.
- 5 Remember that frowns, grimaces, and gagging are normal when babies are first learning to eat solids. These reactions don't mean your baby doesn't like the food.
- 6 Take small portions out of the baby food jar and place in a bowl. Avoid feeding your baby directly from the baby food jar unless you are going to use it all. Refrigerate open jars to keep the food fresh and safe.
- 7 Change gradually from feeding on demand to feeding at family meal and snack times. When baby is done eating, offer toys such as nesting bowls to keep her busy until the rest of the family finishes eating.
- 8 Expect your baby to get just as much food on her as in her. First feedings are more like practice! Feeding time can take time – 10 to 15 minutes or more, so be patient!
- 9 Stop feeding your baby when she shows signs of fullness. Your baby has eaten enough when she starts to squirm, loses interest in you and/or the food, and turns her head when the spoon approaches her mouth.
- 10 Do not wipe your baby's face during feeding – it distracts her. Try to wait until she is finished or at least minimize the number of wipes.



A FEW WORDS ABOUT FEEDING SAFETY

- During the first months of feeding solids, stick with a pureed consistency to minimize the chance of choking. Watch for signs of choking, like gagging or coughing. You may need to give your baby smaller spoonfuls or feed her more slowly.
- If you use commercial baby food, make sure the safety seal "pops" when you open the jar. The "pop" assures you that the jar was properly sealed. For plastic containers, check the foil inner seal to be sure it is secured properly.



- If you make homemade baby food, wash your hands well, and wash utensils and containers in hot, soapy water before you begin. Cook all foods to at least 140° F as measured by a food thermometer. Divide prepared baby food into individual servings and refrigerate or freeze.

- Always feed your baby when she is sitting up in a high chair, an infant seat, or on your lap to prevent choking. Do not give babies food in the car, as you cannot attend to them immediately if they start to choke.

PORTION GUIDE



Your baby may eat more at one meal, up to several tablespoons, and less the next meal.

Appetite depends on activity and growth rate. The child that is growing normally is eating enough. Watch your child for fullness cues, and don't force feeding if your child loses interest.

NOW WOULD BE A GOOD TIME TO...

Put safety locks on low cabinets and on cabinets that contain cleaning materials.

HELPFUL HINTS

- Stay with your baby whenever he is eating. This makes him happy, and you will be there if he chokes or has a problem with new foods.
- Talk to your baby, even though he cannot yet answer. This helps him develop his language skills.
- Take a deep breath and try to calm down when you lose patience with your baby. He still is too young to know better or to communicate all his needs.

AT SIX MONTHS OLD, YOUR BABY'S MOTOR SKILLS ARE BECOMING MORE ADVANCED. HE IS STARTING TO SIT WITHOUT FLOPPING OVER.

If you see him rocking on his hands and knees in the next couple of months, get ready—he wants to move! He reaches and grabs with his whole hand. Gently hold him under his arms and he will straighten his legs to stand. Bouncing gently up and down is great fun! Playing with you gives him confidence to explore the world.

- Play together many times each day as a part of your daily routine. Try favorite brain- and skill-building baby games like patty cake, which aids coordination, and peek-a-boo, which teaches baby that things can disappear and come back.
- Provide opportunities for your baby to move around safely. Moving around is essential for learning to crawl and walk.
- Help your baby develop muscles and motor skills by gently rolling, bouncing, and swaying together. Playing with soft toys and stacking plastic cups aids in fine movement skills.
- Limit sitting in an infant seat, a high chair, or your lap to no more than 60 minutes at a time.
- Choose safe baby toys that are right for your baby's age and development. Toys should be soft with smooth edges, lightweight and easy to grasp, and too big to swallow.
- Give your baby a squeezable or squeaky toy to examine. In the coming months, he will play with toys with his "new" thumb and forefinger grip, grabbing and picking them up, and even "talking" to them.
- To aid coordination, give your baby a toy and watch him pass it from one hand to another. Put toys just out of reach and encourage your baby to try and grab them.
- Continue to avoid television for children under two years of age.
- Watch for signs that your baby has lost interest in playing...for now! He may start fussing, whimpering, or looking around the room. Attention spans may be short.



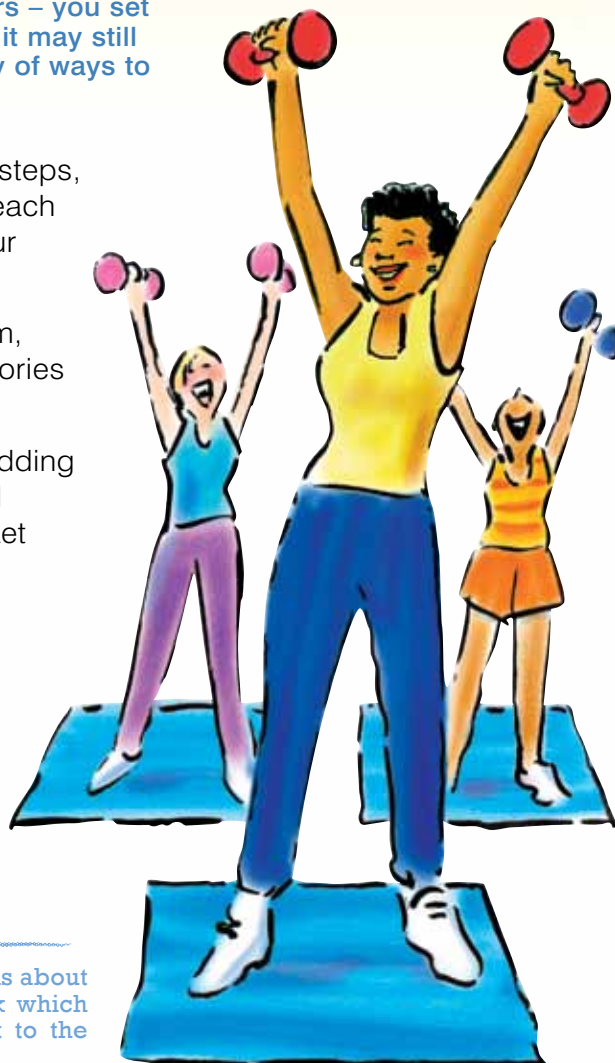
DID YOU KNOW?

Certain foods like cow's milk, eggs, peanuts, and fish commonly cause allergies or intolerances in some babies under 12-months old and in toddlers with a family history of allergies. Some children are also allergic to wheat, soy, and nuts like almonds and walnuts. Waiting until your baby is older and his immune system is more mature may prevent these food allergies from occurring. Growth rate slows down a bit after about six months so babies may start to eat less.

GET ACTIVE! YOU'VE SPENT THE PAST SIX MONTHS DEDICATING LOTS OF YOUR TIME AND ENERGY TO YOUR NEW BABY.

Now it's time for you to focus on getting back to your desired weight. Taking care of yourself will help you take care of others – you set the standard for raising a healthy family. Even though it may still be hard to carve out time for exercise, there are plenty of ways to burn extra calories while keeping your baby nearby.

- Buy a pedometer, a small device that counts your steps, and make it a goal to reach at least 10,000 steps each day. You may need to start off slowly and work your way up to 10,000 steps.
- Play with your baby – lift him high, gently swing him, roll a ball to him. You'll be surprised how many calories you can burn!
- Put a little extra muscle into your daily chores by adding a few squats while gardening, reaching farther and higher when dusting, and making the laundry basket and grocery bags a tad heavier.
- Park the car a little farther from the store entrance.
- Take the stairs instead of the elevator.
- Rent an exercise video or tune into an early morning exercise program on TV while your baby is napping.
- Catch up with friends by walking with the baby for an hour or taking an exercise class together.



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.

Special thanks to the following professionals for their contributions: *Johanna Dwyer, D.Dc., R.D.*, Friedman School of Nutrition Science and Policy and School of Medicine, Tufts University, and Frances Stern Nutrition Center, Tufts-New England Medical Center, Jean Mayer USDA Human Nutrition Research Center at Tufts University; *Susan Johnson, Ph.D.*, University of Colorado Denver; *Allen Levine, Ph.D.*, University of Minnesota; *Barbara Schneeman, Ph.D.*, University of California at Davis; *Virginia A. Stallings, M.D.*, The Children's Hospital of Philadelphia and University of Pennsylvania; *Lori Stark, Ph.D., A.B.P.P.*, Cincinnati Children's Hospital Medical Center/University of Cincinnati College of Medicine; *Margarita Treuth, Ph.D.*, University of Maryland Eastern Shore.



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