

GROWING LEAPS AND BOUNDS[®]

SERIES: 5 OF 12



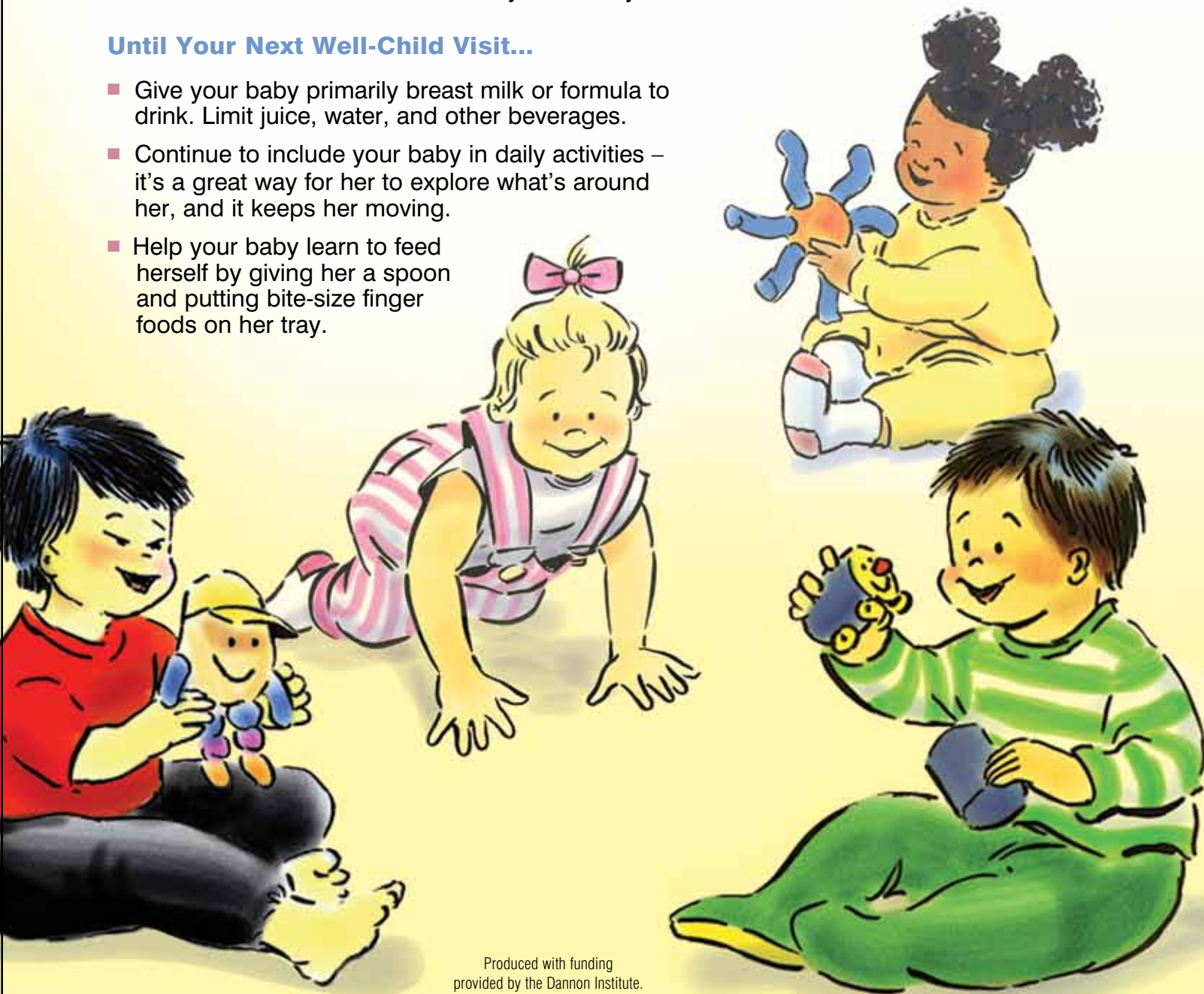
A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS.

FIRSTS

Look at your baby now! Her little hands are grabbing anything within reach. She may be able to repeat “Mama” and “Dada.” Listen carefully; her baby babble soon will start to turn into words that you actually can understand.

Until Your Next Well-Child Visit...

- Give your baby primarily breast milk or formula to drink. Limit juice, water, and other beverages.
- Continue to include your baby in daily activities – it’s a great way for her to explore what’s around her, and it keeps her moving.
- Help your baby learn to feed herself by giving her a spoon and putting bite-size finger foods on her tray.



BABY FOOD TO FAMILY MEALS

- 1 Gradually increase food and decrease breast- or bottle-feeding. Serve food first when your baby is calm; then breast- or bottle-feed.
- 2 Limit juice to four to six ounces of 100% fruit juice per day. It is not recommended that juice be served in bottles or "sippy cups."
- 3 Gradually move from strained and semi-solid foods to soft foods like ripe fruit and cooked sweet potatoes that your baby can pick up himself and chew with his gums.
- 4 Use a small spoon, bowl, plate, and cup for feeding.
- 5 Ease your baby into the family meal and snack schedule while also continuing to feed him on demand as needed.
- 6 Help your baby drink from a cup at meals. Use "sippy cups" only occasionally because they are more like bottles than like cups and don't teach baby the drinking skills he needs to learn.
- 7 Do not overfeed your baby.
- 8 Expect your baby to play with his spoon and food and to drop things on the floor. That's how babies learn about their world. Use a bib and place a plastic mat or shower curtain under his chair to make clean-up easier.
- 9 When your baby drops or throws food, stay calm and don't call attention to it. If you laugh or even get upset, he might think that throwing food is a game.



MEALTIME WITH BABY

A big part of your baby's development is his transition from baby food to family food.

Watch how he tells you that he is hungry by banging on his tray, opening his mouth when he sees food, grabbing for food, and crying if you stop feeding him too soon.

Look for signals that he is full – increased activity while feeding, turning away, shaking his head "no", pushing his spoon away, throwing food without eating, or crying when food is offered – and do not force him to eat.

Expect erratic behavior at times from your baby; he may refuse solid food or a bottle or eat more or less on any given day. By understanding your baby's appetite signals and following his lead, you are helping him listen to his body and eat the right amount for healthy growth. Avoid struggles and battles of will with your child about food.

YOUR BABY IS WELL ON THE WAY TO EATING HEALTHFUL FAMILY FOODS, BUT SHE IS NOT QUITE THERE YET!

Make sure that food is soft enough for her to chew with her gums since her teeth still are coming in. Of course, continue to give her breast milk and/or formula in addition to what she is eating. Carefully planned snacks will give her the energy she needs for growth and play.

BREAKFAST

Try to include two different types of foods:

- Iron-fortified infant cereal or finger-food cereal like oat rings
- Cooked, mashed, strained, or finely chopped fruits like bananas or frozen blueberries



LUNCH

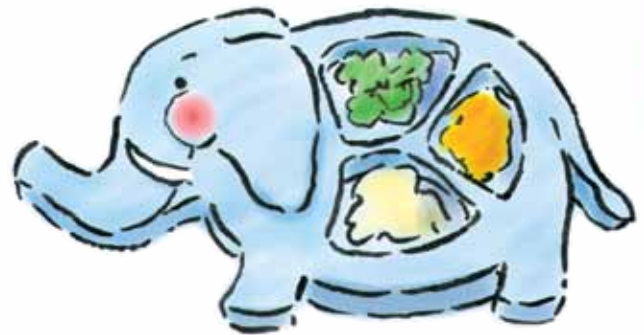
Try to include three different types of foods:

- Cooked, mashed, finely chopped, or soft, ripe fruit like pears, applesauce, or canned peaches
- Strained, mashed, or chopped pieces of cooked dark yellow, orange, or green vegetables such as squash, peas, or broccoli
- Pureed or finely chopped, thoroughly cooked meat or chicken, or small pieces of cheese or cottage cheese

DINNER

Try to include three different types of foods:

- Iron-fortified infant cereal
- Strained, mashed, or soft cooked dark yellow, orange, green, or white vegetables like sweet or baking potatoes
- Baby meat, finely chopped cooked meat or chicken, or mashed canned beans



SNACKS

Try to include three snacks daily between meals:

- Breast milk or two to four ounces of formula
- Teething biscuits
- Small "meltable" dry cereals that soften in your baby's mouth, like oat rings
- "Meltable" crackers
- Strips of soft flour tortilla
- Small cheese strips
- Cooked noodles, served as finger food
- Yogurt
- Soft cooked vegetables like small carrot cubes
- Finely chopped soft or cooked fruit or applesauce



A FEW WORDS ABOUT FEEDING SAFETY

- Even though your child can sit well and is learning to feed himself, make sure an adult is present when he is eating to handle any problems.
- Avoid serving foods that your baby could choke on, like raisins, nuts, peanut butter, meat sticks, hard candy, whole grapes, popcorn, raw carrots, hot dog circles, and other hard or round foods. These foods may lodge in his throat and cause choking. Watch your baby carefully when others are eating; he may grab foods he shouldn't have!
- Do not feed your baby in the car. It distracts you from driving and can be dangerous if he chokes or needs your attention.

PORTION GUIDE



Your baby's portions still are small – one to four tablespoons of each food. Since table foods are more concentrated than baby food, your baby may fill up more quickly on them. Remember that your baby's appetite changes from day to day. Watch for your baby's hunger and fullness cues.

NOW WOULD BE A GOOD TIME TO...

Warn your baby when he gets too close to electrical outlets, a hot stove, knives, and other dangers. Explain in very simple terms that these could hurt him. Say "no" on occasion, but avoid overusing the word or your baby may start ignoring it. Using words like "hot" or "sharp" can make your point. Remove your baby from a dangerous spot and place him in an area of toys that will distract him. If you consistently and immediately remove your baby from dangerous areas with minimal talking, he will learn not to go there.

HELPFUL HINTS

- Baby-proof your house thoroughly. Start by putting gates at staircases and covers on electrical outlets. It takes just one overlooked hazard for your baby to get hurt. Check your Yellow Pages or ask your pediatrician or baby store for recommendations for baby-proofing items and even services that baby-proof for you.
- Watch your baby at all times. She may start moving around in the blink of an eye.
- Minimize mealtime mess by placing just a few items on your baby's tray and then adding more as needed.



WATCH OUT – HERE COMES BABY!

He scoots on his bottom, rolls over, and may crawl around. He may even pull himself up to stand and cruise around the room by holding onto tables and furniture. His fine motor skills have become more advanced, and he will start picking up small toys with his thumb and forefinger.

To get your nine-month-old excited about playtime, use a lively voice and facial expressions. By playing, your baby is learning about his world!

- As much as you can, include your baby in your daily activities like straightening up the house and food shopping. Everything is still new and exciting to him – think of these activities that are chores to you as adventures to him.
- If your baby isn't moving around on his own yet, encourage him by sitting in front of him and putting his favorite toy just out of reach so that he will move toward it and grab it.
- Help your baby develop finger and hand motor skills by giving him plastic containers to play with, toys to bang, nesting cups to examine, and soft or cardboard baby books with pages he can turn.
- Sit on the floor together and roll a soft ball to your baby.
- Speak simple words and make sounds that your baby can imitate.
- Tell your baby the names of things in his world, like people, animals, colors, pictures in books, and parts of the body. Identify animals by name and sound.



- Play your baby's favorite movement music. Ask friends for recommendations of children's musicians your child might enjoy.
- Enjoy baby games like peek-a-boo, How big is baby? So big! and other similar games.
- Compliment your baby on his accomplishments to boost his confidence.
- Avoid television.
- Point at objects and name them, like eyes, cat, or sister – this is a fun game and helps teach your baby new words.



EAT WELL: YOUR BABY IS WATCHING.

Now that your baby may be starting to eat some table foods, she is watching what you eat. When you eat right, she learns to eat right.

- Eat at least two cups of fruit and two and a half cups of vegetables daily. It's easier than you think – a piece of fruit at breakfast, a salad at lunch, vegetables with dinner, and a snack.
- Choose six servings of grains and make at least three of those servings whole-grain foods like oatmeal, whole-grain ready-to-eat breakfast cereal, whole-wheat bread, and brown rice.
- Include three cups per day of lowfat or fat-free milk or yogurt, or high calcium beverages like fortified juice and fortified soy milk in your diet.
- Select five and one-half ounces of lower-fat cuts of beef and pork, like loin and extra-lean ground meat. Enjoy poultry without the skin. Include fish in your weekly diet, as well as meatless meals using beans and peas along with nuts and seeds for your protein source.
- Enjoy sweets and foods high in fat only occasionally. Avoid excess juice and sugar-sweetened soft drinks.
- Try to get most of your fats from polyunsaturated and mono-unsaturated fatty acids, such as fish, nuts, and vegetable oils.
- Cut back just 100 calories a day – it could result in a 10 pound weight loss over the course of one year.



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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