

NUTRITION & HEALTHY LIFESTYLE TIPS FOR CHILDREN BIRTH-11 MONTHS

BEGINNING FEEDINGS

- Remember breastmilk and/or formula are the most important source of nutrition for growth and development during your baby's first year. The American Academy of Pediatrics (AAP) recommends breastfeeding babies for at least a year.
- The AAP recommends that all babies who are exclusively fed breastmilk need a supplement of Vitamin D. Recent guidelines indicate that even formula-fed babies that drink less than 32 oz./day are not getting enough Vitamin D in their diets. Either 1 ml a day of D-Vi-Sol (containing just Vitamin D), Tri-vi-sol (containing Vitamins A, D and E) or Poly-vi-sol (a multivitamin) will suffice, and is recommended for ALL BABIES!
- Introduction of any solid food should begin around 6 months of age.
- Feed your baby at her own pace. Some babies even at 6 months of age may not be ready for solid foods. Your baby may cry, turn away, refuse to swallow and let the food run out of her mouth by pushing her tongue out, despite repeated attempts to offer solids by a spoon. Feeding should be a happy experience. It is OK to wait a week or two and try again!
- As your baby learns to self-feed around 8 to 11 months of age, he will explore food by squishing, poking, mashing, feeling and smelling before tasting it!
- Plain honey should be avoided before 1 year of age due to the risk of botulism. Food that contains baked or cooked honey is fine.

SOME TIPS TO PREVENT CHOKING

- Cut up all food into small pieces.
- Gradually work up on the consistency of foods in your baby's diet. Do expect some gagging on foods as your baby reaches each new level of food consistency.
- Never leave your baby alone while he is eating and don't let your baby feed himself while you're driving a car.

HOW SHOULD I BEGIN SOLID FEEDINGS AND WHAT FOODS SHOULD I SERVE?

- Traditionally rice cereal has been the first solid food introduced in a baby's diet. Infant cereal is important because it provides a good source of iron, vitamins and minerals for your baby. However, a variety of grains is appropriate and recommended – look for cereals with barley, oat, quinoa, millet or amaranth.
- Your baby should continue on iron and vitamin fortified cereals until your baby is old enough to eat meats and other food sources with iron, usually between 6 and 8 months of age.
- Solid foods can initially be offered once a day while your baby is learning tastes and textures; slowly add in a 2nd meal and then a 3rd meal. Add soft table foods the rest of the family is eating by 7-8 months of age.
- Once cereal has been introduced, one new food can be tried about every three days. There is no one right way to introduce fruits or vegetables; do what works for you as parents. It is important to offer your baby food that even you dislike.
- It is important to introduce water to your baby in a sippy cup around six months of age. This water intake, however, should remain small, up to at most about 4 - 6 oz. per day. This is not directed at hydration but rather to familiarize her with a sippy cup and to help her wash down her solid foods.
- To ensure that your baby gets his most important source of nutrition – breast milk or formula, offer solids after breastfeeding or formula feeding until about 8 months of age.
- You can prepare your own baby foods by using whole foods that are pureed or ground with a bit of water. Extra servings can be frozen in ice cube trays for later use. Of course, you may purchase ready-made baby food as well.

The Daily 5-2-1-0

 <p>5 servings of fruits & vegetables</p>	 <p>2 hour limit on screen time (TV, computer, & video games)</p>	 <p>1 hour active play or exercise</p>	 <p>0 liquid calories (pop, sweetened juices, or sports drinks)</p>
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For more advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.

SAFETY TIPS FOR CHILDREN BIRTH-11 MONTHS

SLEEP SAFETY

The AAP has recommendations on ways to reduce SIDS (Sudden Infant Death Syndrome) which include:

- Infants should always be placed to sleep on their backs on an infant bed with a firm mattress.
- Offer a pacifier to your baby at nap and bedtime once breastfeeding is established.
- Bumper pads, loose bedding and pillows should not be placed in your baby's crib.
- Swings, rock 'n plays, and car seats are not safe sleeping areas.
- Avoid any kind of smoke exposure.

CAR SEAT SAFETY

- Babies should always be in a car seat placed in the back seat of your car.
- Babies should remain rear facing until they are 20 pounds AND two years of age.
- Check the label on the side of your infant carrier to check its height and weight limits.
- For more detailed information on car seat safety, go to www.healthychildren.org and search "Car seats".

HOME HEALTH & SAFETY

- Keep the thermostat on your water heater less than 120 degrees to avoid burning your baby.
- Never leave your baby alone in the bathtub or near any standing water, even for a moment.
- Keep all cleaners and medications locked and out of reach of your child. If your child does eat/drink something potentially harmful, contact Poison Control at: **1-800-222-1222**.
- Smoke detectors *and* carbon monoxide detectors should be installed and working in your home. Batteries should be changed every 6 months and tested for proper functioning.
- Avoid infant walkers with your child. Even with newer safety standards, kids can still fall down stairs or reach things like pan handles or curtain cords and be injured.
- Make sure all drapery cords are out of your child's reach to avoid strangulation.
- Do not place infant carrier seat on tables or counters with your baby in them as they may fall down.

OUTDOOR SAFETY

- Sunscreen is safe to use for your child for sun-exposed skin surfaces, even those under six months of age. The best approach is to keep your infant's skin covered with long sleeve clothing and to keep her shaded.
- It is OK to use bug spray on babies older than two months of age as long as it is less than 30% DEET and only used once a day. Ideally, use the spray on your child's clothing and a small amount on exposed skin only if needed.
- The higher DEET concentration does not offer better protection; it only increases the duration of protection. Buy a product with the lowest DEET to suit your outdoor needs.
- Avoid combination sunscreen/bug spray products. Sunscreen should be reapplied every 2-3 hours while in the sun, and applied to exposed areas of the body, where as bug spray should be avoided on baby's hands and need not be reapplied as frequently.
- Be sure to wash off sunscreen and bug spray before bed each night.

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Nutrition and Healthy Lifestyle Committee

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