

# Feeding Your Baby birth – 6 months

---

**Who:** WIC parents and their infants up to 6 months

**Why:** To discuss the recommended feeding guidelines to promote proper growth, development and optimal health

**Time:** 20 minutes

---

**Objectives:** By the end of this session, participants will:

- Identify feeding cues for hunger and satiety
- Identify developmental signs infant is ready for solids
- Identify appropriate first foods

## Lesson

**Overview:**

1. Introduction
2. Concept: Signs your infant has had enough breastmilk or formula
3. Concept: Dangers to feeding solids too early or too late
4. Concept: First foods
5. Closing

**Materials:** Handouts: “Help Me Be Healthy Birth – 6 Months”  
Injoy DVD “Feeding Your Baby”

## Introduction

- Arrange chairs in a semi-circle before participants enter classroom
  - Welcome Participants
  - Give overview of class session
  - Introductions (suggest having participant state how old their infant is)
-  If preferred an icebreaker can be used.
- Show first 2 sections of DVD Breastmilk/Formula and Starting Solids (video time 8:48 minutes)



**TIP:** Use introductions as an icebreaker. Throw a silly question out there that is not related to the subject that you will be talking about. People will laugh and relax and this will increase class participation. Some examples of questions you can use are: “if you won a million dollars what is one thing you would do?” or “what is something good that happened to you last week?”

**Example:** “Good morning everybody! Welcome to Feeding Your Infant Birth to 6 Months class. This class will cover feeding cues as well as when and how to start solids. The class is about 20 minutes long. Let’s start with introductions we can go around the circle and state our name and where our dream vacation would be. I’ll start: my name is \_\_\_\_\_ and my dream vacation would take me to \_\_\_\_\_.”

## Concept: Feeding cues for hunger and satiety

- Essential Question:

- “What did you observe in the video as signs an infant is hungry or full?”
- **Affirm answers from participants (i.e. “yes”, “that is very true”, “that’s a good one”, etc)**
- **Ask open-ended questions**
  - Does anyone want to share what your infant does when they are hungry or full?

### **Hunger Signs:**

- ▣ Hand sucking
- ▣ Tongue thrusting
- ▣ Lip smacking
- ▣ Turning toward breast or bottle

### **Signs your Baby had Enough:**

- ▣ Letting go of the nipple
- ▣ Turning away from bottle or breast
- ▣ Falling asleep or becoming distracted



Generally speaking infants are typically hungry every 2-3 hours

## **Concept: Recommendations for starting solids**

- **Essential Questions:**
  - “What have you heard about starting solids?”
- **Listen and affirm participant’s answers** Note: you may hear a lot of mis-information here. Assure that feedback is given in a manner that does not belittle the participant. For example; a participant states that with her first baby she started cereal at 3 months and that seemed to work well. The response should not point out the participant as being wrong but rather bring the conversation to signs of readiness and possible dangers of starting food too early as well as too late.

**It is recommend to start solids when infant shows all developmental signs they are ready for most infants this is 6 months of age.**

### **Signs of Readiness**

- ▣ Holds head steady
- ▣ Sits with support
- ▣ Keeps food in mouth
- ▣ Closes mouth around spoon

### **Starting too Early**

- ▣ May not consume enough of the necessary nutrients from breastmilk or formula if filling up on solids
- ▣ develop an allergic reaction
- ▣ have digestion problems

### **Starting too Late**

- ▣ may not consume adequate variety for developmental stage
- ▣ compromise iron status
- ▣ develop negative feeding behaviors
- ▣ delay independent eating
- ▣ resist mealtime routine



## **Concept: Baby’s first foods**

- **Essential Question:**
  - “Based on what you saw in the video what is suggested as your babies’ first food?”
- **Affirm:** Thank you for that answer, yes we suggest rice cereal first as it is the food that is least likely to cause allergies.



- ▣ Rice cereal is least likely to cause allergies. At 6 months or when infant shows all signs of readiness start by mixing rice cereal with formula, water or breastmilk, make it runny at first and thicken it up as baby gets used to it
- ▣ Start solids when baby is in a good mood and not overly hungry as he will be more likely to eat the new food
- ▣ After infant cereal you no longer need to start certain foods at specific ages
- ▣ Pay attention to textures of baby foods going from smooth (pureed) to mashed, chopped to tiny pieces

- Juice is not needed in the first year of life (the new food package will not include juice for infants)
- Babies may need to try new foods 10 times or more before they like it and remember playing with a food is okay as it is a way for infants and toddlers to become familiar with that food.

### Closing

- **Summarize:** We have covered a lot of information about feeding our infants in the first six months. We talked about feeding cues, signs of readiness for solids and introducing first foods does anyone have any questions?
- **Provide the Handout**
- **Thank them for their participation and that you look forward to seeing them in the feeding 6 – 12 months class.**