

Look Who's Eating: Feeding Your Baby 10 – 12 months

Who: WIC parents and caregivers of infants 10 to 12 months of age

Why: Feeding practices during infancy influence food habits and health later in life. It is important to discuss the recommended feeding guidelines with parents and caregivers to promote proper growth, development and optimal health.

Time: 20-30 minutes

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

- Discuss balancing breastmilk or formula with table food
- Review a variety of ways to introduce different foods and textures
- List one way to wean their infant from the bottle
- Discuss how to care for their infants' teeth

Lesson

Overview:

1. Introduction
2. Concept: Balancing breastmilk or formula with table food
3. Concept: Changing food textures as your baby grows
4. Concept: The weaning process
5. Concept: Healthy teeth
6. Closing

Materials: Provided by WIC State:

- National WIC Association Magazine: Let's eat!
- Eat Grow Live Healthy 1 to 1 ½ years old
- OPTIONAL: Baby's First Cup

Provided by Local Agency:

- Whiteboard or flip chart
- Dry erase markers

Introduction

- Greet the group. Introduce yourself and your role
- Set the agenda
 - Give an overview of the class session and length of class time
- Introductions and/or icebreaker to anchor participants in the topic
 - Make sure to include children in the introductions activity

"Hello everybody! My name is _____, I am a WIC CPA and would like to welcome you to our 'Look Who's Eating' class. Today we will focus on 10 - 12 months-old babies and we will discuss balancing breastmilk or formula with table foods, a variety of ways to introduce new foods and textures, the weaning process and caring for your infants' teeth."

- Ask participants to turn to their neighbor and share their name, their baby's name, their baby's age and ...
 - Share something new baby has been doing
 - Share what foods you have introduced
 - Share if baby has a favorite food

After about 1 – 2 minutes, ask each participant to share the name of their activity partner, name and age of baby and the answer to the icebreaker discussion question.

Concept: Balancing Breastmilk or Formula with Table Food

- "What are some concerns you have about balancing breastmilk or formula with solid foods?"
 - Pause, allow time for participants to respond
 - **OPTIONAL:** If participants are quiet, ask participants to share concerns with their neighbor. After a few minutes of sharing, ask if anyone would like to share with the rest of the class.
 - Possible responses include:
 - Giving too much breastmilk/formula and/or solid food
 - Giving too little breastmilk/formula and/or solid food
 - Not knowing how much breastmilk/formula and solid food to give
- "During the first year of life, your baby has slowly transitioned from a diet of only breastmilk and/or formula to a diet closer to a child's. Between 6 and 12 months, most infants begin eating more solid foods and decreasing the amount of breastmilk or formula they drink. There is no specific rule that states exactly how much or how often babies should be eating. But there are some ways to know your baby is eating enough. What are some ways you know your baby is eating enough?"
 - Pause, allow time for participants to respond
 - **OPTIONAL:** Write down responses on the whiteboard or flipchart.
 - Review and list hunger and fullness cues, as necessary:

"One way moms tell me they know their baby is eating enough is by paying attention to hunger and fullness cues."

Hunger Cues:

- ✓ Becoming excited when they are put in the highchair
- ✓ Sucks or smacks lips
- ✓ Opens mouth at sight of food
- ✓ Puts fist in mouth or cries
- ✓ Leans forward towards or reaches for food

Fullness Cues:

- ✓ Slows down pace of eating
- ✓ Turns head away
- ✓ Closes mouth
- ✓ Covers mouth with hands
- ✓ Fusses or cries
- ✓ Falls asleep
- ✓ Spits out food

"In addition to recognizing hunger and fullness cues, if the doctor says your baby is gaining weight and growing well, you know your baby is getting enough to eat."

"Offer your one-year old three meals and two to three snacks to help meet their growth and nutrition needs. But the eating habits of a toddler are always changing and difficult to predict so don't count on your child to always eat this way. Remember the division of responsibility. It is your responsibility to offer a variety of healthy foods and your child's responsibility to decide how much to eat."

"Around 10-12 months of age, babies may be eating more solids than breastmilk or formula. Parents decide what to offer their baby in addition to when and where to feed baby. This will help develop structured eating habits to carry into childhood and beyond, which can help reduce some common feeding problems."

"Children eat when they are hungry and stop when they are full. Offer your child two to three food groups at every snack and four to five food groups at meals. Encourage him to eat a variety of healthy foods from all food groups by modeling healthy eating yourself. You know your child is eating enough if he is growing well."

- Offer Eat Grow Live Healthy 1 to 1 ½ and instruct participants to open the brochure to the center page.
 - Review each food group and serving sizes. Ask participants to provide their own tips for using foods within each food group at meals/snack times or one from the pamphlet.
 - **OPTIONAL:** Write food groups and serving sizes on the flipchart as each is discussed.

"We reviewed a lot of information. What questions do you have?"

FACTS ABOUT BALANCING BREASTMILK OR FORMULA AND TABLE FOOD:

Caretakers may have more specific questions about how much breastmilk or formula they should give their infant and how often. You may find it useful to write the following information on the whiteboard or flipchart and discuss with participants, as necessary. Emphasize the quantity of intake will vary.

- Breastmilk or iron-fortified formula is still an important source of nutrition
- At this age, babies may start to drink less breastmilk or formula as they eat more solid foods
- Offer 3 nutritious meals and 2 – 3 healthy snacks per day
- Typical portion sizes and daily intake for full-term infants, 8 – 12 months old
 - Breastmilk/infant formula (6 – 8 ounces) = 3 – 4 feedings per day
 - Cheese (1/2 ounces) or yogurt (1/2 cup) = 1 per day
 - Infant cereal (2 – 4 tablespoons), bread (1/2 slice), crackers (2), or pasta (3 – 4 tablespoons) = 2 feedings per day
 - Fruit or vegetables (3 – 4 tablespoons) = 2 – 3 feedings per day
 - Meat (3 – 4 tablespoons) or beans (1/4 cup), 2 feedings per day
- Reminder! Encourage parents and caregivers to respond to their infant's hunger and fullness cues. Reassure them they can know their infant is eating enough by following hunger and fullness cues and if the doctor says they are gaining weight and growing well.

Concept: Changing Food Textures as your Baby Grows

- "As you know, your baby moves through different stages of food. At about 10 to 12 months, your baby may be ready for small pieces of finger foods. Start with soft foods at first and then move on to firmer textures when he's ready. Let's turn to page 10 of the magazine and review some examples of new foods to try at this age."
 - Offer the NWA's *Let's Eat* magazine and ask participants to turn to page 10
 - Point to each picture and review the example.

"It's important to make sure your baby can chew and swallow food from the previous stage, ground and finely chopped foods, of food before moving to this stage."

- "Let's think about what new food you will introduce to your infant when he is ready. Go ahead and look over the sample menu on page 11. When you're done, turn to your neighbor and discuss one new food you will introduce and at which meal."
 - Allow a few minutes for participants to discuss. Ask for volunteers to share what they discussed.

FOODS TO AVOID:

Participants may need a reminder as to what foods to avoid within the first year of life. Briefly discuss the information below:

- **Foods to Avoid in the First 12 Months**
 - Bacon, lunch meats, hot dogs, French fries, gravies, sauces, processed meals
 - Creamed vegetables
 - Puddings
 - Cookies, candy, cakes
 - Milk
 - Soda, gelatin, coffee, tea, fruit punches
 - Added salt, oil, butter, seasoning, sugar, syrup, other sweeteners
- **Choking Hazards**
 - Hot dogs
 - Peanut butter
 - Whole grapes
 - Berries
 - Nuts
 - Raisins
 - Hard candies
 - Popcorn

Concept: The Weaning Process

- "Around 12 months, it is recommended your baby no longer uses the bottle. If you are breastfeeding your baby, you can continue to breastfeed for as long as you and your baby desire."

"What are some challenges you are experiencing or think you might experience with weaning your baby from the bottle? What advice would you give another mom on how to handle those challenges?"

 - Allow time for and affirm responses
 - Possible discussion points:
 - Weaning can be stressful. Try not to wean your baby from the bottle when he is sick or there is another major change occurring at home.
 - Your baby may cry for the bottle which will make weaning even harder. Try finding another comfort measure, such as a stuffed animal or standard bedtime routine that does not include a bottle.
 - Start sooner rather than later. Weaning takes time and patience. Weaning may take less time and be easier if the process is started sooner.
 - Include family when weaning from the bottle. Remind everyone that your baby will benefit from using a cup instead of a bottle.
 - Try different cups and see which one your baby likes. If he has a favorite cartoon character or animal, try giving him a cup with that character or animal on it.

TIPS FOR STARTING A CUP

It is important for your baby to use a cup because using a bottle too long can cause tooth decay and encourage too much weight gain. Your baby is ready for a cup when he can sit on his own, hold his head steady for long periods of time and put his lower lip around the mouth of a cup. At first your baby will need help learning to use a cup. Beware – he will spill! But be patient and let him practice. He will learn soon enough.

Here are some tips for starting a cup:

- ✓ Help your baby hold the cup as she learns.
- ✓ Give your baby liquid very slowly so she can take her time swallowing.
- ✓ Cups with spill-proof lids are not recommended because they encourage your baby to carry the cup and drink more. They also put your baby at higher risk for developing dental carries.
- ✓ Offer small amounts at first, about 1 – 2 oz, until your baby can drink without spilling.

Concept: Healthy Teeth

- "One reason it is important to transition your baby from a bottle to a cup is because using a bottle too long can cause tooth decay; plaque (a bacteria on teeth) uses sugar from foods and drinks to produce acids which eats away at the hard covering of teeth. So, let's take a few minutes to discuss how to take care of your child's teeth."

"I am going to ask you all to get into one of three different groups. Let's start with you (point to a participant) - you are one, next person two, next is three..."

- And repeat until each person is in one of the three groups.
- If class is small, simply ask the three questions and allow time for group discussion. Ensure that the talking points listed below are reviewed during the discussion.

"Ok, I am going to provide three different discussion questions. Each group will discuss one question and then we will discuss the questions all together."

- On one flipchart page write:
"How can teeth and gums be cared for to promote healthy teeth, even if your baby does not have teeth?"

On a second flipchart page write:

"How can you help your baby with teething discomfort?"

On a third flipchart page write:

"How can you help prevent tooth decay?"

- Clarify which group is discussing which question. Allow a few moments for groups to discuss a response to the questions.

- “Great, thank you all for your participation in your group! Let’s start with the first group. What did you guys talk about in response to this question?”
 - Allow each group to provide their response. Affirm responses and provide additional information, as needed.
 - Write responses on relevant flipchart page. Include responses below if participants do not provide that information.
1. How can teeth and gums be cared for to promote healthy teeth, even if your baby does not have teeth?
 - a. Wipe the mouth out gently and message gums with a clean, damp cloth or gauze.
 - b. Do this after feedings or at least twice a day, including before bedtime.
 - c. When teeth appear, also clean twice a day and before bedtime. Use a child-size toothbrush with water only. Clean the areas without teeth with a clean, damp cloth or gauze.
 2. How can you help your baby with teething discomfort?
 - a. Chill a clean rattle, teething ring, washcloth or pacifier in the refrigerator for infant to chew on.
 - b. Use a clean finger or moistened gauze pad to rub your baby's gums.
 - c. To prevent skin irritation from excessive drooling, keep a clean cloth handy to dry your baby's chin.
 3. How can you help prevent tooth decay?
 - a. Clean baby’s teeth and gums every day, especially after feedings and before bed.
 - b. Use a small, soft child’s toothbrush with water only. Use a clean damp washcloth or gauze for areas without teeth.
 - c. If using a pacifier, never dip it in anything sweet, like sugar or honey.
 - d. Give only breast milk, formula, or water in the bottle. Never put sweet drinks, such as juice or soda, in the bottle.
 - e. Begin using a regular cup, not a sippy or no-spill cup, with breastmilk or formula around 6 months of age. Wean baby from bottle around 12 months of age.
 - f. Wait until 12 months to offer juice in a cup, never from a bottle. Give no more than 4 ounces of 100% juice.
 - g. Parents should schedule their child’s first dentist appointment by age 1.
 - h. Never share utensils with your baby or give your baby food you have chewed. Doing so can transfer harmful bacteria that causes tooth decay to your baby.
 - i. Your pediatrician or pediatric dentist can tell you whether there is a need for fluoride supplements and prescribe the appropriate dosage.

Closing

- **Summarize:**
"We've covered a lot of material today about feeding your baby. We talked about balancing breastmilk or formula with table foods, food textures, weaning your baby from the bottle and how to care for your infant's teeth. Does anybody have any questions?"
- Have participants discuss a goal or something they would like to work on that they learned from the class.
- Thank participants for their participation
 - **Example:** "It was really great having you all here today. You all had some great suggestions and ideas. I look forward to seeing you at our next class."