

Counseling Guide Infant – Complementary Feeding

Health Outcome: Achieves optimal growth and development in a nurturing environment and develops a foundation for healthy eating habits.

Suggested Open Ended Questions	Suggested Affirming Statements	Suggested Nutrition Education Statements
<p>Solid Foods and Juices</p> <ul style="list-style-type: none"> • When do you think infants are ready for solid foods? • How is introduction to solid foods going? • What kinds of food does your baby eat? 	<ul style="list-style-type: none"> • A lot of parents think their babies need solid foods to satisfy their hunger. • I can understand wanting your baby to sleep through the night. <p>You're doing a good job of helping your baby learn to feed himself.</p> <ul style="list-style-type: none"> • It sounds like you have a good sense of what your baby is ready to eat. • Lunchmeats are really convenient. 	<p>Encourage:</p> <ul style="list-style-type: none"> • Delaying the introduction of solids until the infant is developmentally ready. <p>Discuss:</p> <ul style="list-style-type: none"> • The infant is developmentally ready for complementary foods when she can: <ol style="list-style-type: none"> 1. Hold her head up and sit in a chair with support. 2. Keep food in her mouth and swallow it. 3. Close her lips over a spoon and scrape food off as the spoon is removed. • Introduction of complementary foods should not be delayed beyond 8 months of age. See NTM Section 4.5.1 <p>Encourage:</p> <ul style="list-style-type: none"> • Providing opportunities to develop feeding skills. <p>Discuss:</p> <ul style="list-style-type: none"> • Feed complimentary foods using a small spoon, not a bottle or infant feeder. • Infants develop the skills to feed themselves at varying rates. Generally, at about 6 months, they can hold an object between their fingers and palm. • Between 6 and 8 months, infants develop the ability to hold something between their thumb and forefinger. With the development of these skills, infants can begin to feed themselves with their hands and try finger foods. See NTM Section 4.2 <p>Encourage:</p> <ul style="list-style-type: none"> • Providing foods appropriate for developmental stage and to develop eating skills. <p>Discuss:</p> <ul style="list-style-type: none"> • As an infant's oral skills develop, the thickness and lumpiness can gradually be increased, progressing from pureed, to ground, to fork mashed, then to diced. • Honey may contain botulinum spores and should never be fed to an infant – plain, in cooking or as part of a processed food. • To avoid food borne illness, infants should not be fed: <ul style="list-style-type: none"> ○ unpasteurized juice or dairy products ○ soft cheese ○ undercooked meat, poultry or seafood ○ raw vegetable sprouts ○ undercooked tofu ○ deli and processed meats, unless cooked to steaming hot <p>See NTM Section 4.5.5</p>

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<ul style="list-style-type: none"> • How do you offer your baby juice? <p>Anthropometrics</p> <ul style="list-style-type: none"> • How do you feel about the way your baby is growing? • What has your health care provider told you about your baby’s growth? <p>Physical Activity</p> <ul style="list-style-type: none"> • What does your infant do for play? • What kind of things does your baby do/play with? • What do you know about how infants learn to do things? 	<ul style="list-style-type: none"> • Babies really like juice. • Offering juice from a cup can get pretty messy. <ul style="list-style-type: none"> • It’s common for parents to be concerned about their infant’s growth. • Parents often wonder if their infant is eating the right amount of food. <ul style="list-style-type: none"> • I can tell you enjoy interacting with your baby. • You’re offering your baby good opportunities to explore. 	<ul style="list-style-type: none"> • Plain fruit is a good choice as a dessert for an infant. Sweeteners eaten alone or added to foods provide additional calories and promote the development of tooth decay. Chocolate may cause an allergic reaction. • Juice should be offered in a cup without a lid. This will help limit the amount consumed and prevent dental caries. Other sweetened beverages are not nutritionally appropriate for infants and will contribute to the risk of dental caries, especially when offered in the bottle or sippy cup. See NTM Sections 4.5.5, 4.7 <p>Discuss:</p> <ul style="list-style-type: none"> • Infant’s growth chart and the importance of following a growth curve. • Weight loss is common during the first 3 or 4 days of life as the infant passes his first stools and eliminates extra fluids. • The infant should exceed his birth weight by 14 days after birth. • Appetite and growth spurts (typically 8-12 days, 6 weeks, 3 months, and 6 months). • Referral to healthcare provider if weight gain is inadequate or mother continues to be concerned. See NTM 4.1 <p>Encourage:</p> <ul style="list-style-type: none"> • Breastfeeding. • Feeding on demand. • Attention to hunger/satiety cues. • Developmentally appropriate foods. • Use of appropriate feeding methods, e.g. juice from a cup, cereal by spoon. • Limiting juice to 4 to 6 oz/day. • Foods without added sugar. See NTM Sections 4.1 and 4.5 <p>Encourage:</p> <ul style="list-style-type: none"> • Interaction with the infant that helps her explore her environment. • Placing infant in safe setting that facilitates physical activity and does not restrict physical activity for prolonged periods of time. • Limiting the use of infant equipment (infant seats, high chairs, swings, bouncers, exersaucers, etc.) and encourage movement in a safe environment. See NTM Section 4.8
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<p>Oral health</p> <ul style="list-style-type: none"> • What do you know about cleaning your baby’s mouth and teeth? • What are some things you do to keep your baby from getting tooth decay? • When do you plan to take your baby for their first visit to the dentist? 	<ul style="list-style-type: none"> • Many parents don’t know that it’s important to clean the gums even before teeth appear. • Brushing an infant’s teeth is not easy. • It takes some patience to teach drinking from a cup. • It’s natural to want to give your baby foods that you enjoy. • I can see you care about your baby’s health. • A lot of people don’t realize how important it is to keep baby teeth healthy. 	<p>Encourage appropriate cleaning:</p> <ul style="list-style-type: none"> • Before teeth appear: Infant’s mouth should be wiped out gently and the gums massaged with a clean damp gauze pad or washcloth after feedings or at least twice a day, including before bedtime. • Once teeth appear, teeth should be cleaned well after each feeding or at least twice a day, including before bedtime. To clean the teeth, a very small, child-size toothbrush with soft, rounded end bristles may be used with extreme care. Use water only. Continue using a clean damp gauze pad or washcloth to clean those areas in the mouth without teeth. <p>See NTM 4.7.1</p> <p>Discuss appropriate bottle feeding and avoidance of simple sugars:</p> <ul style="list-style-type: none"> • Bottles should be used for feeding only infant formula or expressed breast milk. • 100% pasteurized fruit juice should be given only in a cup. Drinking from a cup will be messy at first and the caregiver will need to be patient. • Sweetened beverages should not be given to an infant in bottle or cup. The infant should instead be fed more nutritious beverages that will help them grow. • Infants should not be allowed to walk around or sit alone with a bottle or spill-proof cup for long periods. • The bottle should only be offered at feeding time, not when going to bed, to sleep or for a nap. • Infants should never be given a pacifier dipped in honey, syrup, or sugar. • Infants should not be given any concentrated sweet food such as: lollipops, sweet candies, candy bars, sweet cookies or cakes, or sweetened cereals. • Sweeteners should not be added to their food. <p>See NTM Section 4.7.3</p> <p>Encourage</p> <ul style="list-style-type: none"> • Caregiver to take the infant to their health care provider or a pediatric dentist for a dental check by 12 months of age. If there seems to be dental problems or decay before that age, the infant should see a health care provider as soon as possible. <p>See NTM Section 4.7</p>
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Suggested Participant Resources: #638 “Food to Grow On”