For Parents of Children
4 to 24 Months

Parents’ Survival Guide to
Transitional Feeding
How To Use This Guide

As a parent, you want what is best for your child’s nutrition in a reasonable, easily accessed format. For this reason, The Institute of Pediatric Nutrition has developed the Parents’ Survival Guide to Transitional Feeding you are now reading. This feeding guide whittles food and nutrition information down to what really matters to you and your growing infant.

The feeding guide is designed for parents of healthy term children 4 to 24 months old and is divided into two main sections:

• **Transitional Feeding Essentials**
  Covers nutrition basics focused on developmental milestones. Read through it for the explanation and rationale behind the expert advice.
  - Part 1: Feeding in the First Two Years
  - Part 2: Heads Up and Sitting
  - Part 3: On the Move: Crawling, Standing and Ready to Walk
  - Part 4: Ready, Set, Go: Walking, Dancing, Playing

• **At-A-Glance Survival Handouts**
  Serves as an appendix you can quickly access for addressing common feeding issues. Feel free to use the pages to hand out at parenting meetings, post on daycare bulletin boards or place on your refrigerator – it is information every parent should know in an easy-to-read format.

Turn to the Parents’ Survival Guide to Transitional Feeding when you have questions about infant and child nutrition, and take comfort in the fact that the answers have been provided by a team of leading pediatric experts. We recommend you discuss this information with your baby’s doctor or nurse to understand how it relates to your individual child.

*This book alternates between “she/her/hers” and “he/him/his” when referring to babies.*

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**The Institute of Pediatric Nutrition**

The Institute of Pediatric Nutrition (IPN) was established in 1994 and is comprised of some of the world’s leading experts in nutrition, pediatrics, public health and nursing. The IPN is one of the few organizations in the United States dedicated solely to educating parents and health care professionals about optimal nutrition for infants and young children, which ideally begins with breastfeeding.

The IPN serves as a resource for parents, health care professionals and media on significant developments in pediatric nutrition and the health and well-being of infants.

IPN toll-free number
1-800-721-5BABY
(or 1-800-721-5222)

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This guide focuses on transitional feeding. There are a number of additional issues that arise during infancy (e.g., colic), and you are encouraged to consult with your baby’s doctor or nurse to discuss these issues.
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## SECTION TWO  At-A-Glance Survival Handouts

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Feeding in the First Two Years

It’s an exciting time for you and your baby. Your baby’s life is changing on a daily basis. Good nutrition is critical to helping your baby grow and develop. In fact, the first 24 months of life is a time of rapid growth and development – faster than any other stage of life.

The first 24 months also is a time of many transitions. Whether transitioning from breastfeeding or bottle-feeding to the cup or introducing solid foods, changing your baby’s feeding method – also known as weaning – is a natural process as your infant grows and develops.

Throughout these transitions, it is important to remember the role milk plays as your baby’s most important source of nutrients. Breast milk or infant formula will be the main source of your infant’s nutrition during the first year, and will remain important until your infant transitions to whole cow’s milk throughout the second year.
Breastfeeding

Breast milk is the best food for your baby, and it is most of what he needs* to thrive and grow for the first months of his life. In fact, the American Academy of Pediatrics recommends breast milk as the ideal food through an infant’s first year of life.

The benefits of breastfeeding can begin right after your baby’s birth. Your infant put to your breast immediately after being born is comforted by the warmth and touch of your body. Hearing the familiar beat of your heart, the sound of your voice and finding a place to suckle eases her introduction to the outside world.

*All healthy breastfed infants should receive supplemental vitamin D, beginning in the first two months of life.

Benefits of Breastfeeding for Your Infant and Child

By choosing to breastfeed, you help to protect your infant from common early-childhood illnesses such as ear infections and diarrhea, especially during the early weeks and months of his life. Your breast milk is ideally suited to your child. It is always available at the right temperature.

Benefits of Breastfeeding for You

Breastfeeding has advantages for you, too. Many mothers feel that nothing else creates a closer bond between themselves and their children. Most infants can be quickly calmed and reassured by being put to their mother’s breast. Other benefits include:

• Helps your uterus return to its normal size
• Offers a relaxing effect on both mother and baby
• Associated with a lower incidence of breast cancer

Your Diet During Breastfeeding

The only requirement is that you eat a healthy, well-balanced diet. It is important that the foods you eat are nutrient-rich, so that you can keep up your energy while breastfeeding and maintain the quality of your milk.

Many new mothers feel discouraged that they are not in the same shape as before their pregnancy. You will lose some weight right after delivery but probably have a lot left to lose. During the first months of breastfeeding, some of the fat that you stored during pregnancy will provide energy to support your body as you make milk for your infant. Therefore, breastfeeding can actually help you return to your pre-pregnancy weight, if your food choices are nutritious and the amounts are not excessive.

You may find that you need snacks between meals because you’re very hungry. But it also is common for some women to have a poor appetite for a few days or even weeks after a baby is born. Eating small, frequent meals may help you to eat a healthy diet. In either case, meals and snacks should be as nutritious as possible. Try to choose a variety of foods from all of the food groups. Continue taking prenatal vitamins if it is recommended by your health care provider. If you are a strict vegetarian and breastfeeding, consult with your health care provider on the supplements necessary to support your nutritional needs and those of your baby while breastfeeding.

Many people believe that the amount of fluid you drink will have a direct effect on your milk supply. Actually, studies have shown this to be untrue. Breastfeeding women need approximately an extra 3-4 large glasses of water or a nutritious beverage every day to replace the fluid in breast milk.

Some mothers find that their infants get upset when they eat certain foods, and think they need to eliminate just these few specific foods from their diet. This should be evaluated on an individual basis before you cut any particular food out of your diet. The food you eat must first be digested and absorbed by your body before it passes into your milk. This usually takes from 2 to 6 hours. If your baby seems to be fussy, try keeping a record of what you eat and drink. Discuss this with your health care provider to figure out if there is an association between certain foods and your child’s symptoms.

Your diet in the first 6 months of breastfeeding your infant is just as important as your diet during the entire nine months of pregnancy.
**Breastfeeding**

**How Often to Feed Your Infant**

Your newborn's stomach is very small and breast milk is easily digested. This means you will need to feed him often. Frequent feedings also are very important to keep up your milk supply and to assure that your infant gains weight. In the beginning, your baby may feed every couple of hours. Over time, he will develop a natural rhythm, usually on a 3 to 4 hour schedule.

Breastfeeding gives your child a loving foundation for a healthy life. For every day that you breastfeed, you will have the satisfaction of knowing that you are enriching both your infant’s life and your own.

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**Breastfeeding Guidelines for the First Months:**

- When breastfeeding, you will have to feed frequently, based on your infant’s demands.
- Feed your infant 8 to 12 times in every 24-hour period.
- Let him tell you when the feeding is finished – he will usually come off the breast by himself.
- Feed your infant when he shows signs of hunger, even if he just ate an hour ago.
- As your infant grows, so does his stomach. He will feed less frequently as he is able to hold a larger amount at each feeding.
- Starting on day 3 or 4, your baby is probably getting enough milk if he is passing yellow, seedy, runny stools and wetting 6 or more diapers per day.
- Weight gain is the best way to tell if your infant is getting enough food.
- If you are concerned about colic, consult your baby’s doctor or nurse.
Infant Formula Feeding

Bottle feeding can be a warm, loving experience. If you plan to supplement your breastfeeding or to solely feed infant formula, an iron-fortified formula is the recommended choice. The American Academy of Pediatrics recommends an iron-fortified infant formula as the only acceptable alternative to breast milk during the first year.

Don’t let normal events such as minor changes in bowel movements, spitting up or occasional rashes or fussiness make you think you need to switch infant formulas. Your baby’s doctor or nurse is the best person to advise you about your infant’s nutrition.

Supplemental Feeding
Sometimes it is not possible for a nursing mother to be present for every feeding. The ideal situation is for the mother to express her breast milk and have someone else feed the baby. The next best option is to feed an iron-fortified infant formula.

It is important to fully establish your breast milk supply before beginning supplementation. This typically takes 4 to 6 weeks.

Eating the Right Amount
If your baby was only fed infant formula starting out as a newborn, she probably took 6 to 8 feedings in 24 hours, with about 2 to 4 fluid ounces of formula in each bottle. Let your infant’s appetite be your guide, as the amount will gradually increase as your infant grows older. Eventually she may take up to 32 fluid ounces of infant formula a day.

You’ll know she is getting enough in the very beginning if she is taking a bottle every 2 to 4 hours and is wetting 6 to 10 diapers in 24 hours. Your infant’s growth is the best indicator of whether she is getting enough to eat. Your baby’s doctor or nurse will weigh her and measure her length at every well-baby visit.

Available Infant Formulas
The American Academy of Pediatrics recommends an iron-fortified infant formula as the only appropriate alternative to breast milk during the first year. Sometimes a baby may need a special infant formula if he shows signs of intolerance. Reactions may include a rash, persistent vomiting and diarrhea or any other unusual symptom. This can happen for many reasons, including sensitivity or an allergy to the formula. Fussiness, occasional irritability, occasional loose or hard stools and spit up are common during infancy and usually not caused by an allergy. Consult your baby’s doctor or nurse when deciding what infant formula is best for your baby or if you have specific questions about allergies or food sensitivities. Also refer to Food Allergies, located on page 22 of this guide, for additional information.
Heads Up and Sitting

It’s hard to believe how fast your infant is growing. He has changed dramatically from the newborn you brought home just a few months ago, and is learning new skills every day. The 4 to 8 month old stage is when you will begin adding solid foods to your baby’s diet, and choosing appropriate, nutrient-rich foods is important.

What is your infant doing?
Developmental milestones for 4 to 8 month olds:
• Recognizing his own name when you talk to him
• Keeping his tongue inside when a spoon is put in his mouth
• Getting used to new foods and textures
• Reaching for food and other objects, grabbing them and putting them in his mouth
• Sitting up and eager to start eating solid foods
• Transferring a spoon from one hand to the other

Important Things to Know Before You Begin Feeding Solid Foods

It is important that you continue feeding your infant breast milk or an iron-fortified infant formula for at least the entire first year of life. However, sometime between 4 and 6 months, your baby is ready to try some solid foods.

Signs that your infant is ready to try solids:
• Has good control of his head and neck
• Can sit with support

Check with your baby’s doctor or nurse before feeding solids.
Nutritional Needs
Between 4 and 6 months, breast milk or infant formula still provides most of the nutrients in your baby’s diet. It is important to remember that most of her nutrition will come from these sources even as you introduce solids into the diet. Breast milk and infant formula provide nutrients that your baby needs, such as calcium, iron, protein and zinc.

Age Appropriate Foods
At 4 to 6 months, your infant is getting about 24-32 ounces of breast milk or iron-fortified infant formula a day. Breast milk or infant formula are the basis of your child’s daily nutrient intake, but it also is important to slowly begin introducing solid foods. This will help your baby adjust to an expanded diet.

Iron-fortified infant rice cereal is the least likely to cause an allergic reaction, so begin introducing this first. For younger infants, avoid multi-grain cereals or mixed foods, such as macaroni and cheese. Start with a teaspoon of rice cereal mixed with enough formula or breast milk to make it the consistency of thin soup. As your baby’s tongue control develops, you can begin to make the cereal thicker. Be sure to use a plastic or rubber-coated spoon to prevent gum injury.

During the period when babies start their first solid foods, they need iron-rich foods. Iron-fortified, commercially prepared infant cereals or meats are a good source.

Once your baby has accepted cereals and meats, you can begin incorporating mashed and strained vegetables and fruits.

Introduce only one new food at a time and leave 2 to 3 days between each new introduction.

Other Key Vitamins and Minerals
• If breastfeeding, it is important to introduce an extra source of iron, such as infant cereal with iron and pureed meats, by 4 to 6 months. If feeding infant formula, iron-fortified formulas are recommended.
• Vitamin D is important for bone health. Breastfed babies should be given vitamin drops that provide an extra 200 IU of vitamin D per day.
• Fluoride helps strengthen bones and teeth. If the water available to you and your baby is not fluoridated, your baby may need a fluoride supplement after he is six months old. Check with your local health care provider about the amount of fluoride in the local water.
**Feeding Tips**

Your baby has grown and changed so much in her first 4 to 8 months. She is sitting up, rolling, responding to her name and showing interest in eating solid foods. Starting solid foods is one of the major developmental milestones in an infant’s life. It’s important to develop good eating habits early in life. These tips can help your baby get off to the best start possible.

- **Hold your infant in your lap or place him in a highchair or infant seat while feeding.**
  It is appropriate to hold your infant or place him in an infant seat while feeding – whatever you are comfortable with and works for you and your baby.

- **Start solid foods slowly.**
  To ease the transition, offer solids after you have started a feeding session with a familiar food – breast milk or infant formula.
  Begin offering solids by placing a small amount of food on the tip of the spoon and placing the spoon on the middle of the baby’s tongue. Watch your baby’s reaction. You may get an approving smile or a disapproving grimace. Try to introduce a new food at least three times.
  Your infant may eat erratically. Remember at this age the idea is to introduce your infant to new foods and textures.

- **Know when to stop feeding.**
  Your infant will stop eating when she is full. Do not force feed her.
  When your infant is full she may express the following signs: pursed lips, closed mouth, spitting out, playing with or biting the nipple, turning her head away from the approaching spoon, leaning back, or drinking or eating less and falling asleep.
  It is important that she learn to respond to her own internal hunger signs to lay the foundation for good eating habits throughout life.

- **Feed foods without added sugar or salt.**
  Your child does not need extra sugar or salt. Adding them does not improve the nutritional value of the food and may set the standard for these types of food choices later in life.

- **Say no to honey during the first 2 years.**
  Honey should not be given to a baby under 24 months. Do not add it to your infant’s food or dip her pacifier into it. Honey has been associated with a serious disease, infant botulism, which can be fatal.

- **Bottles are for liquids such as infant formula or water.**
  Unless recommended by your baby’s doctor or nurse, putting cereal or other semi-solid foods in a bottle may encourage your infant to overeat.

- **Use the crib for sleeping, not eating.**
  Going to bed with a bottle can cause a variety of problems for your infant.
  - A bottle with milk, juice or any other sugar-containing fluid may pool around your baby’s teeth and create a breeding ground for decay, called nursing-bottle caries.*
  - Drinking from a bottle while lying on his back may contribute to middle-ear infections.
  - You don’t want the bottle to become a security object. Establish a pattern of finishing all feedings before putting your baby to bed.

- **Save cow’s milk until after one year.**
  Do not feed cow’s milk to your baby before his first birthday. The American Academy of Pediatrics recommends iron-fortified infant formula as the only acceptable alternative to breast milk during this important time of growth and development.
  - Cow’s milk does not have enough iron and has too much protein and salts for your baby’s developing system.
  - When cow’s milk is introduced, always use whole cow’s milk until two years of life.
  - Soy milk only should be used as a second choice, and goat’s milk is not recommended at all.

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* Juice is not a necessary part of an infant’s diet. The American Academy of Pediatrics does not recommend juice until after 6 months of age.
On the Move: Crawling, Standing and Ready to Walk

Your infant is approaching the toddling stage. He is a mover and a shaker and probably rarely stops. As he approaches his first birthday, his diet includes a larger variety and quantity of solid foods.

What is your infant doing?
Developmental milestones for 8 to 12 month olds:
- Advancing from sitting to crawling to pulling up to a standing position
- Walking while holding on to chairs, kitchen cabinets and the legs of the dinner table
- Exploring his environment through taste, smell, sound and sight
- Using thumb and first or second fingers to pick up small pieces of food
- Becoming ready to switch from breast or a bottle to a cup
Your Child’s Body Is Changing

As your child’s body grows and changes, so do his motor skills. The swallowing mechanism has matured, and it is more coordinated. This allows for the progression to more textured foods. Increased gumming ability also emerges (or chewing if there are some newly acquired teeth). Other changes include increased use of hands and fingers and the ability to drink from a cup.

Chewing

- Introduce foods with more texture. You can fork-mash fruits and cooked vegetables or buy prepared baby foods with more texture. These foods require more chewing.
- Try non-runny foods that stick to the spoon like oatmeal or pureed meat.

Use of Hands and Fingers

- Your baby’s grasp using the thumb and first finger is more highly developed during this stage, which allows her to pick up bite-sized morsels. Good finger foods include O-ring cereal, cooked carrots, potatoes, peas or baby-bite-sized pieces of soft fruits.
- Grasping for the spoon is becoming a reality. Give your child his own spoon at mealtime and let him try to feed himself. This will also keep him from grabbing for your spoon. He likely will not be very successful with a spoon until after his first birthday, but it is good practice and shows you have confidence in him. Mashed potatoes and applesauce are good foods for him to start with. You could alternate bites between your spoon and his spoon as he starts to feed himself.

Drinking From a Cup

- The type of cup preferred differs from baby to baby. Generally, when a child is first learning, the cup should be lightweight, without handles or a spout. A spout should be avoided when first learning because your baby needs to learn how to move fluids from the front to the back of her mouth.
- Lunchtime and late afternoon feedings are good times to use a cup because your infant also is getting nutrition from solid food. Next try the morning and then the night.

Nutritional Needs

During these months, your infant will be eating less “baby” food and more table food and may start losing interest in the breast or bottle. Even with this interest in solid foods, breast milk and infant formula still provide the foundation of his nutrition during this time of rapid growth.

Age Appropriate Foods

At this stage of development between 8 and 12 months, you should be incorporating a broader variety of grains/cereals, protein-rich foods such as pureed meat and poultry, vegetables, and fruit into your child’s diet of breast milk and/or infant formula.
Feeding Tips

At this stage, your infant is turning into a real explorer – crawling and maybe even starting to walk. He is probably well on his way to eating solid foods, but there are still some important points to keep in mind. Your child’s preferences are still developing, so set a good example and provide good choices for your child to help ensure healthy, lifelong eating habits.

- **Continue to save cow’s milk until after one year.**
  Cow’s milk is still not an appropriate substitute for breast milk or infant formula. Delay introducing whole cow’s milk until after her first birthday.

- **Encourage eating with the family.**
  Have your infant sit with the family during mealtimes. He’ll enjoy the social time.

- **Making a mess is fine.**
  Exploring and trying new things during feeding will lead to a mess. It’s to be expected as infants are learning. To save frustration, prepare ahead of time by placing a plastic mat underneath the high chair and making sure washcloths are close by. Feeding may go best when your child is hungry and interested in eating rather than playing.

- **Offer different foods.**
  Eating a variety of flavors, shapes, colors and textures will help ensure your child gets the range of nutrients she needs for growth, as well as form healthy eating habits through exposure to all types of foods. Don’t let your own preferences influence the choices you offer to your baby.

- **Watch for choking hazards.**
  Some foods may have a size, shape or texture that easily can get caught in your child’s throat and cause him to choke. Avoid foods that are slippery or round like grapes and hard candies. Other foods to watch for are nuts, globs of peanut butter, pieces of raw carrot, hotdog or other large pieces of meat, and popcorn.
Ready, Set, Go: Walking, Dancing, Playing

The second year of life is a time of amazing change. Your toddler is exploring the world and fighting for independence, yet circling back to you for love and reassurance. With this independence may come issues about what and how she eats.

What is your toddler doing? Developmental milestones for 12 to 24 month olds:
- Playing with and stacking food and toys
- Deciding when he wants to use a spoon, fork and cup
- Looking at and “reading” picture books, magazines and family albums
- “Helping” you around the house and in the kitchen
- Sitting in a booster seat at the table
Body Systems Develop Further
The key to understanding your toddler is trying to see the world as he does. His use of language is expanding quickly, but his understanding of the meaning of words is basic. Don’t assume too much too soon. Here are some other clues as to how his bright and curious mind works:

- His memory is short.
- He can’t think ahead about what might happen.
- He doesn’t understand his own feelings.
- He plays next to, but not with, other children.
- He wants to do things by himself but doesn’t always have the skills.

This second year is a period of slower physical growth, but there is significant development in fine and gross motor skills, and social, mental and emotional growth. For instance:

- At about 12 months, your child easily grasps and releases food and may use a cup and spoon with limited success.
- At 18 months, your child can generally decide when he wants to use a spoon, fork or cup.
- Near the end of his second year, he has learned to tilt the cup.

Your child’s system is still not mature enough to make it on just the traditional 3 meals a day, so typically he will eat 5 to 6 times a day (3 meals plus healthy snacks). It’s possible that your child may insist on nothing but his favorite food for 3 days in a row – and then refuse to eat it at all. Also, you may notice his appetite has decreased in this second year.

Physical growth is slower now, requiring fewer calories. Given a choice of healthy foods, toddlers are likely to eat a balanced diet but may still fall short in some important nutrients.

Remember that your eating habits are models for your children. Be sure you eat a variety of nutrient-rich foods and set an example of good nutrition habits.

Nutritional Needs
Remember that your toddler is not a little adult. She requires high nutrient and energy intakes, but she may not yet be ready for the flavors and textures of a regular adult diet.

To help her keep learning and growing to her full potential, she needs balanced nutrition and recommended amounts of essential vitamins and minerals in her diet. But getting her to eat the foods she needs is easier said than done. If you are concerned that your child is not getting the nutrients she needs, talk to your baby’s doctor or nurse about supplementing solid foods with an infant formula designed for older babies and toddlers.

Age Appropriate Foods
After your child’s first birthday, he should be eating a wide range of foods. It is now acceptable to include whole cow’s milk in your child’s diet.

The American Academy of Pediatrics recommends against restricting cholesterol and fat intake during the first 2 years. It’s important not to introduce cow’s milk to children before 1 year of age because it doesn’t have the full range of nutrients needed by infants at this age. Whole cow’s milk may be introduced at 1 year. Non-fat and low-fat milk are not recommended during the first 2 years of life because they do not contain the appropriate fat content for your baby’s developing system. After your child is 2 years old, you can begin incorporating lower-fat items into their diet.

It also is important to know that a child cannot eat a well-balanced diet unless appropriate foods are provided. Parents can offer foods to provide a nutritious diet, but it is the child who should be responsible for deciding how much to eat.
Feeding Tips

These days you have your hands full keeping track of your busy toddler. You’ve probably noticed the rate of your child’s physical growth has slowed down, but his mental and neurological growth is charging quickly ahead. Making sure your child has a balanced diet is still important for his development. Keep the following tips in mind while feeding your child during this developmental period.

- **Have regular feeding times.**
  Children typically eat 5 to 6 times a day with regular meals and snacks. Be sure to avoid forcing your child to eat and allow him the chance to communicate that he is full.

- **Always supervise meals.**
  Children should always be supervised while eating. Try to discourage eating on the run, as it may lead to a choking accident. An adult needs to be on hand at all times.

- **Use non-food treats and rewards.**
  Food is a life-sustaining necessity that is easy to enjoy. But that does not mean that food should be used as a bribe, punishment or reward. Your child may begin to associate food as a prize or as a remedy to bad feelings and start to develop eating habits that are hard to break later in life. Try to offer other, non-food items as treats that your child enjoys – stickers, toys, visits to special places, etc.

- **If new foods are first rejected, offer them again.**
  It is normal for a child to reject new foods. If a food is rejected the first time, continue to provide a small amount for the child the next several times the food is served. It may take several exposures to a food before it is accepted. Respect your infant’s preferences. It’s OK if she doesn’t like a particular food. Wait until a later time and try again – she may change her mind.

- **Allow toddlers to explore foods and decide what foods to eat.**
  For the development of healthy eating habits and attitudes, it is important that you allow your child to explore a variety of different foods and choose how much to eat. Your role as the parent is to provide good food choices prepared in a healthy manner.

- **Be ready with nutritious snacks.**
  Children have smaller stomachs and tend to eat better with more than 3 meals a day. Be prepared with a variety of healthy snack choices to meet your child’s nutritional needs. Two or three snacks a day offered between meals is appropriate.

  Use snacking opportunities to introduce new foods. Some good snacks include fresh fruit, cheese, whole-grain crackers, pita, tortillas, milk, cooked vegetables and yogurt (not low-fat or fat-free).

- **Move to a cup for good dental health.**
  While it may take time to move from breast or bottle to cup, this is an appropriate age to do so. The bottle can easily become an unwanted security blanket, but if your baby still wants a bottle, don’t be discouraged. Never leave a bottle in a child’s mouth for an extended period of time, because it increases the risk of tooth decay.
How To Use These Survival Handouts

This section is an easy-access appendix that contains survival handouts for quick reference. Each page is designed in an easy-to-read format so you can scan it for the information that you desire. Feel free to distribute these pages to other parents who also may be interested in learning more about infant nutrition and transitional feeding.
Most babies begin eating solid foods, starting with iron-fortified infant cereals and pureed meats, between the ages of 4 and 6 months. It’s best to start only one new food at a time, waiting 2 to 3 days in between each introduction. If your baby does not like a food the first time, wait and offer it again later.

Some general guidelines are below. As with any feeding decision, it is best to check with your baby’s doctor or nurse for specific recommendations.

- Between 4 and 6 months, consider introducing an iron-fortified infant cereal and pureed meats, followed by fruits and vegetables.
- Between 7 and 12 months, soft food combinations like macaroni and cheese and spaghetti may be appropriate. Also consider yogurt (not low-fat or fat-free), cheeses or well-cooked vegetables, such as beans and carrots.

Through all this, breast milk or infant formula should continue to be your baby’s most important nutrition source. However, as your baby gets older and begins to eat more and more solid foods, his intake of breast milk or infant formula will decrease until much of his nutrition comes from solid foods.
Choosing Wisely: The Right Foods Make a Difference

Until your child can choose his own foods, it is up to you to make sure your child is eating nutritious and appropriate foods for proper growth and development.

What Are the Best Food Choices for My Growing Child?

- The American Academy of Pediatrics recommends breast milk as the ideal food through an infant’s first year of life, and iron-fortified infant formula as the only acceptable alternative in the first year.
- Single-ingredient soft foods (cereals, pureed meat, vegetables, fruits) can be offered between 4 to 6 months of age when most infants are developmentally ready.
- Whole cow’s milk can be introduced at 1 year and should be continued until 2 years of age when lower-fat milk can be started.
- For toddlers, build in snacks between meals. With smaller stomachs, children will need more than the standard 3 meals a day. Consider snacks as part of the diet, not “treats.”
- Good snack choices include fresh fruit, cheese, whole-grain crackers, pita and tortillas. When cut up into small portions, these make excellent finger foods. Whole cow’s milk and yogurt (not low-fat or fat-free) also make excellent snack choices.
- Although your infant does not need extra water, remember to offer your toddler water several times during the day so he gets used to drinking water when he is thirsty.

What Foods Should My Child Avoid?

Typically, all foods fit into a healthy diet. However, for babies and young children there are some foods that are dangerous or should be avoided altogether.

- Watch out for foods that pose a choking hazard.
  - Avoid foods that are firm and smooth, slippery or round like nuts, grapes or hard candies.
  - Stay away from globs of peanut butter, hotdogs and other large pieces of meat, popcorn, pieces of raw carrot, celery and other raw vegetables.
- Your baby does not need added sugar or salt. In fact, adding them just makes children want these types of foods later on.
  - Adult canned foods often have added salt, sugar and preservatives.
  - Baby food fruits that sound like desserts often have a higher calorie content because of added starches and sugars and less of the nutritious fruit.
- Honey should not be given to a baby under 24 months.
  - It has been associated with the serious disease, infant botulism, which can lead to death.
- Cholesterol and fat intake should not be restricted in your child’s diet until after age 2.
At first, your infant gets most of her essential nutrition from breast milk or infant formula. But as your baby grows, other fluids such as water, juice and milk can be added to the diet.

**Breast Milk, Infant Formula and Milk**

- Breast milk and vitamin D supplements* or iron-fortified infant formula is all your baby needs in his first 4 to 6 months of life.
- From about 4-6 months to 1 year, breast milk or infant formula provide at least half of the nutrition your baby needs; the remainder comes from solid foods and vitamin D supplements.
- It’s important not to introduce cow’s milk to children before 1 year of age because it doesn’t have the full range of nutrients needed by infants at this age. Whole cow’s milk may be introduced at 1 year. Non-fat and low-fat milks are not recommended during the first 2 years of life because they do not contain the appropriate fat content for your baby’s developing system.

**Water’s Role**

- In most cases, breastfed infants don’t need extra water.
- Your infant gets the water she needs from breast milk or infant formula. She does not need water before starting solid foods.
- If the weather is very hot, a bottle-fed infant can get extra liquids through more frequent feedings or a small amount of water offered between feedings.

**Juice’s Role**

- Fruit juice, while not necessary, can be an acceptable part of your child’s diet if the amount is limited.
- Juice should not be started before 6 to 12 months of age, when the infant can drink from a cup.
- Offer no more than 4 to 6 ounces of 100% pasteurized juice per day to children older than 6 months.
- Encourage eating fruits rather than drinking fruit juice. Excess fruit juice sometimes can’t be digested properly and may cause gas or diarrhea.

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* All healthy breastfed infants should receive supplemental vitamin D, beginning in the first two months of life.
Use of the word *weaning* varies. Overall it means there is a change in your baby’s feeding method, usually from one stage to another. For example, weaning occurs during the transition from breastfeeding to bottle feeding or from breastfeeding or using the bottle to drinking from a cup.

**Tips to Wean From Breast to Bottle**

- The American Academy of Pediatrics recommends breastfeeding through at least the first year of life. Timing of weaning can vary; it is a matter of personal choice.
- Older breastfed babies can be weaned directly to a cup when they are ready, but younger infants may need to be weaned to a bottle first.
- Many working mothers pump their breast milk several times during the day and store it for later, when the caregiver can give it by bottle.
- If possible, it’s best not to rush the process. Adjustment is easier for both of you if it’s done slowly.
- Begin by replacing one feeding at the breast with a bottle feeding. Allow time to adjust before replacing a second breastfeeding. Continue with this schedule.
- Provide extra attention and encouragement during the transition.
- If you are weaning from breast milk to infant formula and your breasts become engorged, you may have to express just enough milk to relieve the discomfort for a few days.

**Tips to Wean From Breast or Bottle to Cup**

- Begin introducing a cup between 8 months and 1 year of age.
- Drinking from a cup is important to prevent tooth decay, which can be the result of prolonged drinking from a bottle, particularly at bedtime.
- Watch your baby’s liquid intake – transitioning to a solid diet will be easier if your baby does not take excess liquid.
- Be careful not to let your child rely on the bottle as a security object by carrying it around.
- The type of cup preferred differs from baby to baby. Generally, when the child is first learning, the cup should be lightweight, without handles or a spout. A spout should be avoided when first learning because your baby needs to learn how to move fluids from the front to the back of her mouth.
Establishing Eating Patterns for Healthy Weight Now and in the Future

Babies need essential nutrients to grow and develop. However, sometimes parents don’t recognize when their child has had enough to eat, and they feed more than necessary. This can result in excessive weight gain.

Recognizing infant hunger cues and providing nutritious choices can help your child maintain a healthy weight throughout life.

Recognizing Cues
- Babies will stop eating when they are full.
  - Signs to look for include pursed lips, closed mouth, spitting out, playing with or biting the nipple, turning away from the approaching spoon, leaning back, or drinking/eating less and falling asleep.
- Force-feeding or making your child clear the plate does not encourage healthy eating habits or attitudes.

Tips During Eating
- Use a spoon and not a bottle to feed solids.
  - The spoon gets your baby used to the process of eating and taking bites – laying the foundation for good habits throughout life.
  - Putting foods, such as cereal, in a bottle may pose a risk for choking and overeating, and should be avoided unless recommended by your doctor.
- When you start to feed your baby solid foods, begin with small portion sizes. Portion sizes will increase with age. Let your child's appetite be your guide.
- Have regular feeding times and don't insist your child finish his meals. Be prepared to offer snacks 2 or 3 times throughout the day. Snacks are a normal part of a child's diet, so be sure they're healthy and include a variety of foods.
- Avoid excessive intake of milk and juice.
- Allow toddlers to explore foods and decide what foods to eat in order to develop healthy eating habits.
- Do not try to restrict fat and cholesterol in your child’s diet under age 2. Babies and toddlers need enough fat to support their rapid growth and development.

Tracking Growth
- An infant’s specific weight and height at any point in time are not as important as the rate of growth. For instance, it may be acceptable for a baby to consistently fall into the 5th or 10th percentile on standard growth charts, depending on his genetics (size of baby’s parents). Most babies fall anywhere from the 5th to 95th percentile. If you have any concerns, discuss them with your baby’s doctor or nurse.
- Your baby’s doctor or nurse will keep track of your baby’s weight, height and head circumference on a growth chart.
- Discuss the growth chart with your baby’s doctor or nurse at your child’s regular checkups.

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Serving Sizes and Sample Menus

Your toddler needs to eat according to the Food Guide Pyramid, just like you. The serving sizes may be smaller, but the balance of the food groups should be the same.

Your toddler is now moving from a breast milk and/or infant formula-based diet with small amounts of table foods to a diet with a variety of table foods and a smaller (yet important!) amount of milk. The increase in table foods is gradual. Children initially may eat less than the amounts listed in the sample plans.

Sample Meals

6 to 8 Months*

**Breakfast**
- Breast milk or iron-fortified infant formula
- 2 tbsp. prepared infant cereal

**Snack**
- 2 tbsp. strained fruit

**Lunch**
- Breast milk or iron-fortified infant formula
- 2 tbsp. pureed meat

**Dinner**
- Breast milk or iron-fortified infant formula
- 2 tbsp. strained vegetables
- 2 tbsp. prepared infant cereal

**Before Bed**
- Breast milk or iron-fortified infant formula

8 to 12 Months*

**Breakfast**
- Breast milk or iron-fortified infant formula
- 4-6 tbsp. prepared infant cereal
- 2-4 tbsp. fruit

**Lunch**
- Breast milk or iron-fortified infant formula
- 2-4 tbsp. cooked vegetables
- 2-4 tbsp. pureed meat
- 1/2 cup water

**Afternoon Snack**
- 4 ounces juice in a cup
- Piece of toast

**Dinner**
- Breast milk or iron-fortified infant formula
- 2-4 tbsp. cooked vegetables
- 2-4 tbsp. pureed meat
- 2-4 tbsp. fruit

**Before Bed**
- Breast milk or iron-fortified infant formula

10 to 24 Months**

**Breakfast**
- 1/2 cup iron-fortified breakfast cereal
- 1/4 cup whole milk (with cereal)
- 1/2 cup orange juice
- 2-3 large strawberries (can add to cereal)

**Morning Snack**
- 1 slice toast or whole wheat muffin
- 1-2 tbsp. cream cheese
- 1/2-1 cup whole milk or breast milk

**Lunch**
- 1/2 sandwich (tuna, egg salad, peanut butter or cold cuts)
- 1/2 cup cooked green vegetables
- 1/2 banana
- 1/2 cup water

**Afternoon Snack**
- 1/2 ounce cubed cheese
- 1/2-1 cup whole milk or breast milk

**Dinner**
- 2-3 ounces cooked meat, ground or chopped
- 1/2 cup cooked yellow or orange vegetables
- 1/2 cup pasta, rice or potato
- 1/2 cup whole milk

*Modified from the WIC program, Massachusetts Department of Public Health.
**Modified from The American Academy of Pediatrics.
Food Allergies

Few babies actually develop allergies to food. Sometimes a baby may have diarrhea, a rash or spit up and vomit after eating particular foods, but it's unlikely that food allergies are the reason. According to the American Academy of Pediatrics (AAP), these reactions are common in the first year of life and disappear by the time a child is 3 years old. Food allergies are more common in families with a personal history of allergies.

Symptoms of Food Allergies
Common food allergy symptoms may include:
- Runny nose, sneezing, wheezing and coughing
- Bloating, stomach ache, cramping, nausea, vomiting and diarrhea
- Hives, a rash and itching

Children who show no symptoms do not need to avoid any foods. However, if your child has symptoms that show up any time from a few minutes to three days after eating a particular food, check with your baby's doctor or nurse. If your child has a fever, it is most likely not due to a food allergy.

Common Causes of Allergies
Usually, if there is an allergy, a child is only allergic to one food. Common foods linked to food allergies include:
- Cow's milk
- Eggs
- Wheat
- Soy
- Fish/Shellfish
- Peanuts/Treenuts

Tips From the Experts
- Breastfeed when possible – studies suggest that it protects against cow’s-milk allergy.
- Start solids with rice cereal – it is the least likely cereal to cause an allergic reaction.
- When transitioning to solid foods, only introduce one food at a time and leave 2-3 days between each new introduction.
- If your infant has a cow’s-milk allergy, soy infant formula is a possible substitute. Never use goat's milk or unpasteurized milk. Consult your baby's doctor or nurse before choosing a substitute infant formula or milk for your infant.

True food allergies affect no more than 4-6 out of every 100 infants.
Why Are Picky Eaters so Picky?

Infants and children may have a fear of trying new things, so it is common for them to reject new foods. This is especially normal for 12 to 24 month old children who are exposed to so many new things. Picky eating also may be associated with food jags, when a child wants the same food for what seems to be every meal.

Change is Normal

A child's eating pattern often changes between 12 and 24 months. Some children who were eating larger portions begin eating much less; other children who were readily accepting new foods become more selective. This often happens and is normal.

- Respect the child's refusals. Force feeding is a setup for mealtime battles down the road.
- It is important that the foods you offer a picky eater are sources of good nutrition.
- Do not get caught up in the notion that any food is better than no food.
- If milk intake is excessive (more than 24 ounces a day), it may limit other food.

Remember, it is not what your child eats from meal to meal but a balanced diet over the course of 2 to 3 weeks that really counts. Be creative – there are many foods that have similar nutritional profiles. When one isn’t accepted, try an alternative.
Making Sense of Infant Portion Sizes

Infants are not little adults. It’s important to realize they only need small portions of food and they will eat frequently throughout the day. In fact, 12 month old children eat an average of 6 times per day and between 18 and 20 different foods per day.

Your child’s doctor or nurse will tell you if your child is eating the right amount of food by looking at the growth chart and measuring his rate of growth.

Growing in the First 2 Years

As your child grows and develops between 4 and 24 months, feeding patterns will transition from small, frequent meals to larger portions served three to four times a day. Still, even a 24 month old will not be eating adult portion sizes.

Between 6 and 8 months of age is a time of rapid growth. To keep up with fast growth during this time, a baby will be eating what seems like a lot of food for such a little body. When the rate of growth slows between 12 and 24 months, it may seem like your child is not eating enough, but this is normal provided your child is growing normally according to the growth chart. Check with your baby’s doctor, nurse or dietitian if you have questions.

Common Food Portion Sizes for Infants and Toddlers

Use these portion sizes as general guidelines in the first two years.

<table>
<thead>
<tr>
<th>FOOD ITEM</th>
<th>INFANT PORTION SIZE</th>
<th>VISUAL OBJECT SIZE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread</td>
<td>1/4 – 1/2 slice</td>
<td>Cassette tape</td>
</tr>
<tr>
<td>Dry or cooked cereal, rice, pasta</td>
<td>1/4 cup</td>
<td>Golf ball</td>
</tr>
<tr>
<td>Whole fruits/vegetables</td>
<td>1/2 small</td>
<td>Palm of a woman’s hand</td>
</tr>
<tr>
<td>Chopped fruits/vegetables</td>
<td>1/3 cup</td>
<td>Lid to mayonnaise jar (1 quart size)</td>
</tr>
<tr>
<td>Milk, yogurt</td>
<td>1/2 cup</td>
<td>Ice cream scoop</td>
</tr>
<tr>
<td>Cheese</td>
<td>1/2 ounce</td>
<td>1 Dice</td>
</tr>
<tr>
<td>Lean meat, chicken, fish, beans, peas</td>
<td>1 – 3 tbsp.</td>
<td>1 tbsp. = Woman’s thumb</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>1 tbsp.</td>
<td>Woman’s thumb</td>
</tr>
</tbody>
</table>
Food Safety and Choking Hazards

In keeping your child healthy, caution in food preparation should carry the same importance as car seat safety, stranger danger and childproofing the house. Here’s why:

- Germs, in the form of molds, spores and bacteria, can cause serious diseases in children. Your baby’s young age increases risk from these types of illnesses.
- Sometimes you can’t tell by sight or smell if a food is contaminated.
- Kitchen surfaces and utensils can be contaminated with germs from food prepared for the rest of the family.
- With careful attention, choking is preventable and can be easily avoided.

What Are Common Choking Hazards?

- Foods that are firm and smooth, slippery or round, like grapes, hard candies and nuts.
- Globs of peanut butter, pieces of hotdogs and other large pieces of meat, raw fruits or vegetables, fruits with pits or seeds and popcorn.

What Can Be Done to Prevent Choking?

- Always supervise children to avoid choking while eating.
- Encourage children to sit while eating and to eat slowly to avoid choking.
- Avoid eating in the car, since it is harder to reach the children quickly if they choke.
- Cut up foods into child-size pieces.
- If your child has few teeth, make sure foods are soft and are easily gummed.
- Only put water, breast milk or infant formula in a bottle.
- Never microwave a bottle because it may cause “hot spots” where some of the milk is too hot for your baby.
- Wash your hands before breast-feeding or expressing breast milk.
- Wash breast pump attachments thoroughly after each use.
- Keep unfrozen breast milk in the refrigerator for up to 24-72 hours, and frozen breast milk at 0 degrees Fahrenheit or lower for up to 1 month in freezer compartment or refrigerator or up to 3 months in deep freezer.

How Do I Keep Infant Formula and Expressed Breast Milk Safe?

- Carefully clean bottles and nipples.
- Use preparation precautions – wash your own hands, kitchen surfaces and utensils before preparing a bottle.
- Refrigerate mixed or open liquid infant formula if not being used right away.
- Throw away prepared infant formula after 48 hours, even if refrigerated.
- A bottle should not be left out at room temperature for more than 3 hours.
- Do not re-feed infant formula left in a bottle after a previous feeding (bacteria can contaminate the bottle contents and nipple).
- Check with your baby’s doctor or nurse for recommendations on using water in infant formula preparation. In some locations and at the youngest ages, it may be best to boil the water first, for no longer than 1 minute, and then allow it to cool to room temperature before mixing it with the formula powder or concentrate.

How Do I Keep Food Safe for the Whole Family?

- There are some basic precautions to keep your family safe. Wash your hands, surfaces and utensils thoroughly after each use, particularly when raw meat, fish or poultry are being prepared.
- If refrigerated food needs to be cooked or heated, be sure the food reaches proper temperatures. Never feed undercooked meat or eggs.
- Serve food in something other than the original container if you plan to keep some of the food for later. Saliva from a used spoon can introduce bacteria to the container.
- Discard food left in the refrigerator for more than 2 days or if beyond the “best before” date.
- Carefully wash all fresh fruits and vegetables offered.
- Visit the Food Safety and Inspection Service at www.fsis.usda.gov for specific cleaning and cooking instructions.
Cleaning and Sterilizing Bottles

Cleaning, and perhaps sterilizing, your infant’s bottle before feeding is an important step in the feeding process. Children, especially young infants, are at a higher risk from food-borne illnesses.

Take the Right Steps for a Clean Bottle

- Wash your hands. Scrub bottles, nipples, caps and rings with a bottle brush, soap and hot water. Or put them on the top rack or in the basket of a dishwasher.

- Squeeze water through the nipple holes during washing and rinsing. Rinse everything well in hot water.

Sterilization

Your baby’s doctor or nurse may recommend that you sterilize (boil) your bottles before you fill them with infant formula. This is especially important if you question the quality (purity) of your water supply. You can sterilize bottles with or without water in them. Both methods are described here.

Store the bottles at room temperature until you need them. Use them within 48 hours. Suggested boiling times change depending on altitude – check with your baby’s doctor or nurse for recommendations.

Sterilizing Empty Bottles

1. Put clean bottles, nipples, rings and caps in a large pot. Fill the pot with water. Put the lid on and heat the water until it comes to a boil. Boil the water for 5 minutes.

2. Take the pot off the heat. Keep it covered until it is cool enough to touch. Take the bottles, nipples, rings and caps out of the pot. Put them on a clean towel.

3. When the bottles have cooled and dried, put nipples upside down on empty bottles, and add caps and rings. Store bottles for later feedings.

Sterilizing Bottles of Water

1. Put desired amount of tap water into each of several clean bottles.

2. Put a clean nipple upside down in each bottle. Put a cap and ring loosely on each bottle.

3. Put the bottles in a large pot. Fill the pot with water to the level of the water in the bottles. Heat the water until it comes to a boil. Put the lid on the pot and boil the water for another 25 minutes.

4. Take the pot off the heat. Keep it covered until it is cool enough to touch. Take the bottles out of the pot. Tighten the rings on the bottles.
The Dangers of Diarrhea*

At some time, all children experience diarrhea. Since infant stool can be normally soft, it is sometimes hard to tell if your child actually has diarrhea. Look for a sudden increase in bowel movements (more than your baby's “normal” amount and frequency), with a higher-than-usual liquid content.

If My Child Has Diarrhea, When Do I Call the Doctor?

Call your baby's doctor or nurse if your infant is less than 6 months of age or has any of the following signs/symptoms:
- Blood in stool
- Frequent vomiting
- Abdominal pain
- Urinates less frequently
- No tears when crying
- Unable to drink liquids
- High fever
- Frequent diarrhea
- Dry, sticky mouth
- Extreme thirst
- Weight loss
- Extreme sleepiness
- Extreme irritability
- Persistent crying

Why Does My Child Have Diarrhea?

Most diarrhea in children is caused by a virus, and the child gets better within a week without any special treatment. Diarrhea also can be a symptom of a more serious illness.

Why Should I Be Concerned?

- Diarrhea in children can lead to dehydration when too much fluid is lost from their bodies.
- Signs of dehydration include a decrease in urination, fewer tears when crying and dry mouth. With more severe dehydration you may see high fever, weight loss, extreme thirst, fatigue and sunken eyes.

How Should I Treat Diarrhea?

- Children with diarrhea may need supervision, special fluids and your baby's doctor's advice. This is particularly true for infants under 6 months of age or if the diarrhea is severe.
- Continue feeding your child his usual diet of cereals, meats, fruits, vegetables and breast milk, infant formula or cow's milk.
- Supplement his diet with an oral electrolyte solution such as Pedialyte®, designed to replace water and salts lost during diarrhea. It is a good idea to keep an oral electrolyte solution on hand at home. Offer your child an oral electrolyte solution as soon as diarrhea begins.
- Do not try to make a home version of these special fluids.
- Avoid fruit juices, soft drinks and sports drinks. They contain high amounts of sugar that may worsen diarrhea.

*Modified from The American Academy of Pediatrics.
Oral Care Know-How

Taking care of your baby’s mouth and teeth is an important practice to start early in life. Here’s why:

- Dental caries (tooth decay or cavities) may cause oral pain that can contribute to feeding problems and even failure to thrive. Baby teeth are important “place holders” in the gums for the permanent teeth that emerge later.
- Severely damaged baby teeth may break off, which exposes the permanent teeth to damage or the spread of infection to permanent teeth developing in the gums.
- Loss of teeth may slow the development of proper speech, as well as affect eating.
- A healthy smile helps promote positive self-esteem.

What Causes Childhood Caries, Baby Bottle Caries or Tooth Decay?

- Prolonged contact with common liquids. This allows sugars to “pool” around the teeth and gums and feed the bacteria that are naturally present. The bacteria produce acids that break down tooth enamel, resulting in decay.
- Continuous feedings, such as drinks that are provided as a pacifier or during naps and at bedtime. Regular feedings are not the culprit.
- Sweetening the pacifier with a sugary liquid or honey.

Preventing Childhood Caries With Oral Care Techniques

- Clean the teeth when they first break through with a clean, wet washcloth or a small, soft toothbrush.
- Starting at around age 2, use a pea-sized amount of fluoride toothpaste – but only after your child demonstrates the ability to spit it out.
  - Swallowing too much fluoridated toothpaste can lead to excess fluoride in your baby’s system.
- Help brush your child’s teeth until at least 6 years of age. Praise good techniques and set an example by letting him see you brush and floss your own teeth twice a day.
- Check with your health care provider about the amount of fluoride in the local water. In some areas with low fluoride, infants may need prescription fluoride supplements after 6 months of age. Do not use bottled water supplemented with fluoride.

Preventing Childhood Caries With Good Nutrition

- Choose healthy foods that are low in sugar. Avoid candy and sweetened snacks.
- Do not put your child to bed with a bottle.
- Check with your baby’s doctor or nurse about when to take your child for his first dentist appointment.
Tips to Get Through Teething

Teething usually starts when a baby is 4 to 7 months old, but no two babies follow the same pattern. Here are some things to watch for and tips to get through the teething stage.

Teeth Facts

- A baby’s teeth start to form under the gums before birth.
- The first baby tooth that breaks through the gum is usually a lower front tooth.
- Usually, the first tooth will come through between 6 and 10 months of age.
- All 20 baby teeth are usually through the gums by the time a child is 3 years old.

What Can I Expect During Teething?

- Your baby may have sore, painful and red gums and find eating painful. If these symptoms persist, your baby’s doctor or nurse may recommend acetaminophen.
- You may be able to feel a hard lump beneath the gums.
- Your baby may be fussy and restless.*
- Chewing on objects, salivating and drooling more than usual are signs of teething.

Teething Tips

- While teething, all foods should be mashed or soft enough to swallow without much chewing.
- Try teething biscuits. They’re fun to play with and good for “gumming.”
- Keep a cold teething ring or a cold, clean, wet washcloth around to chew on.
- Massage the gums with a clean finger.
- Offer a drink of cold water or chilled, soft food your baby normally eats and likes.

*Teething is not generally associated with high fever and/or significant diarrhea.

Cleaning Tips

Clean the teeth when they first break through with a clean, wet washcloth or a small, soft toothbrush. Starting at approximately age 2, use a pea-sized amount of fluoride toothpaste — but only after your child demonstrates the ability to spit it out.
Resources for Parents

Institute of Pediatric Nutrition
1-800-721-5BABY
(or 1-800-721-5222)

Internet Sources
- www.aafp.org
  American Academy of Family Physicians.
- www.aap.org/family
  American Academy of Pediatrics.
- www.babycenter.com
  Pregnancy and baby information. Features thousands of articles, expert advice, personalized newsletters, interactive tools and an online community.
- www.brightfutures.org
  Family fact sheets and tips on nutrition, oral health and physical activity; Spanish materials also available.
- www.cdc.gov/health/infantsmenu.htm
  Centers for Disease Control and Prevention Health Topic: Infants and Children.
- www.eatright.org
  American Dietetic Association.
- www.fsis.usda.gov
  U.S. Department of Agriculture Food Safety and Inspection Service.
- www.foodallergy.org
  The Food Allergy and Anaphylaxis Network.
- www.KeepKidsHealthy.com
  Pediatrician’s guide to children’s health and safety, with medical and parenting advice, kids’ vaccine schedule and baby name finder.
- www.kidshealth.org
  Health information about children from before birth through adolescence.
- www.medem.com
  Medem Network Physician Finder. Find a physician from among the membership of one of the leading medical societies.
- www.parenting.com
  Parenting magazine’s online website.
- www.safetyalerts.com/rcls/category/child.htm
  Safety alerts for products for infants and children.
- www.welcomeaddition.com
  Reliable information about feeding your new baby.
- www.workingmother.com
  Working Mother magazine’s online website.

Book Sources
The Institute of Pediatric Nutrition

The Institute of Pediatric Nutrition (IPN) was established in 1994 and is comprised of some of the world’s leading experts in nutrition, pediatrics, public health and nursing. The IPN is one of the few organizations in the United States dedicated solely to educating parents and health care professionals about optimal nutrition for infants and young children, which ideally begins with breastfeeding.

The IPN serves as a resource for parents, health care professionals and media on significant developments in pediatric nutrition and the health and well-being of infants.

IPN toll-free number: 1-800-721-5BABY (or 1-800-721-5222)

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