

Solid Foods for the Breastfed Baby

RESOURCE GUIDE

Helpful Links

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RESOURCE GUIDE

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Solid Foods for the Breastfed Baby

Class Notes

Goals for Starting Solid Foods

- Introducing baby to new flavors, nutrient sources, and skills.
- Breast milk should remain primary food through first year.
- Maintaining baby's current weight and height growth curves.
- Be flexible.

Is Breast Milk Enough?

- World Health Organization (WHO) breastfeeding recommendations: *“Exclusive breastfeeding for 6 months is the optimal way of feeding infants. Thereafter infants should receive complementary foods with continued breastfeeding up to 2 years of age or beyond.”*
- Breast milk is still a valuable source of nutrition and immunological factors for as long as you choose to continue breastfeeding.

How to Know Your Baby is Ready

- Baby sits upright and holds head up well.
- Baby's tongue thrust reflex is gone.
- Baby is able to pick things up and move them to their mouth.
- Baby chews even if he or she has few or no teeth.
- The World Health Organization recommends beginning solids at 6 months to be sure baby is getting adequate iron.



What About Drinks?

- WHO definition of exclusive breastfeeding is that the infant only receives breast milk without any additional food or drink, not even water.
- Fruit juice offers no nutritional value and can cause tooth decay and diarrhea.
- Water is not recommended for breastfed babies under 6 months.
 - After 6 months, water may be offered in moderation, but is not necessary if breastfeeding on demand and should never take the place of breast milk.
 - Cow's milk is not recommended before 12 months.
 - If you continue to breastfeed your baby, cow's milk is not necessary.

Mealtime Supplies

- No supplies other than food are needed but here are a few helpful options:
 - Highchair
 - Silicone Utensils
 - Suction Bowls and/or Plates
 - Bibs
 - Baby Food Mill
 - Storage Containers
 - Placemats
 - Coverings for under highchair
 - Cups (straw, open, or soft nipple)



Allergies

- The most common food allergens in the US are: dairy, eggs, peanuts, tree nuts, soy, wheat, fish, and shellfish.
- How to avoid allergic reactions:
 - Timing
 - Introduce allergens before age one in small amounts.
 - Speak to your doctor before offering allergens if baby has eczema or other known food allergies or a family history of them.
 - Cadence
 - There is no need to wait 3-5 days between the introduction of new foods, however, you should only introduce one high allergen food at a time.
 - Variety
 - Your baby should have a wide variety of foods to choose from by age 1.
 - Breastfeed
 - Eating small amounts of high allergen foods while breastfeeding may help reduce risk of allergy or intolerance.
- Symptoms of an allergic reaction:
 - Wheezing, shortness of breath, swelling of face or mouth.
 - ***Seek medical help immediately and call 911.***
 - Hives, rashes, itching, vomiting, abdominal pain, behavioral changes.



Baby Led Feeding

- Infants feed themselves right from the start.
- Food should not be too small for baby to grasp easily.
- Encourages self-regulation.
- Helps babies stop eating when full.
- Has positive effects on child's food preferences and eating habits.

How to Prepare First Foods for Optimal Nutrition

Foods to Avoid

- Processed and canned foods
- Low fat products
- Honey or corn syrup
- Raw meat or raw eggs

Choking Hazards

Be prepared by taking an Infant CPR Class

- Hot dogs, meat sticks, Vienna sausages
- Nuts and seeds
- Chunks of meat and cheese
- Whole grapes
- Popcorn
- Chunks of peanut butter
- Raw vegetables
- Uncooked hard fruits such as apples
- Hard, gooey, or sticky candy



Making Baby Food

- Gourmet Homemade Baby Food Recipes
- Foods for Baby and the Whole Family
 - Wash your hands before preparing food and feeding your baby.
 - Avoid cross contamination, especially when handling raw meats.
 - Cook meat to recommended temperature.
 - Wash and rinse fruits and vegetables.
 - Baby food containing dairy, eggs, and cooked meat can be refrigerated for up to 24 hours but not longer.
 - Baby food containing fruits and vegetables can be refrigerated for up to 48 hours.
 - Always test the temperature of warmed food before offering it to the baby.

Expected Weight Gain for Breastfed Babies from 6-12 Months Old

- Babies typically gain 1.75 oz to 2.75 oz per week from 6-12 months old.

Vitamins & Supplements

- Healthy Foods Chart



Keeping Milk Supply Up While Starting Solids

- Keep breast milk as baby's primary source of nutrition through age 1.
- Offer breast milk before solids.
- Breastfeed on demand 8+ times per day.
- If partially or fully pumping, target 24-32 ounces total milk per day.
- Don't worry if the baby doesn't eat the solids offered.
- Remember that starting solid foods is a gradual process.

What To Do If Baby Refuses Solids

- Don't force feed.
- Feed when the baby is in the mood to learn.
- Offer small amounts of food.
- Present a new food more than once before assuming the baby doesn't like it.
- If baby isn't showing interest, it's ok to postpone and try again in a few weeks.
- Each baby is different, so readiness to start solids will vary; be patient.
- Continue nursing on demand.

How Solid Foods Change Poops

- Stool color, smell, and texture may change as your baby starts solids.



Weaning

- There is no definite age at which a baby/toddler should be weaned.
- If possible, wean slowly because it can help reduce discomfort in your breasts and can help your baby adjust emotionally to this new change.
 - It is very rare for infants to voluntarily self-wean before 12 months.

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