

HEALTHY BEGINNINGS:

A Guide to Prenatal and Early Childhood Nutrition

Session 2: Ages 0-12 months



Introduction



Pre exam

► Let's test your knowledge



Overview

- ▶ Benefits of breastfeeding
- ▶ Milk production tips
- ▶ Nutrition while breastfeeding
- ▶ Formula feeding
- ▶ Bottle propping and feeding tips for caregivers
- ▶ Starting solid foods
- ▶ Food allergies
- ▶ Foods to avoid
- ▶ CPR and choking recognition

Breastfeeding

- ▶ Breast milk provides all the nutrition your baby needs for the first six months of life.
- ▶ As your baby grows, your milk will change to meet their new nutritional needs.
- ▶ Benefits to baby:
 - Easily digested and absorbed
 - Healthier immune system development
 - Antibodies pass through breast milk
- Lower risk of SIDS, ear infections, asthma, allergies, colds, obesity, heart disease, T2DM, dental caries, and some childhood cancers



Question

- ▶ In what ways does breastfeeding benefit you?



Benefits to mother

- ▶ Breast milk is free
- ▶ Breast milk is always the right temperature
- ▶ Breast milk is available at any time and place
- ▶ Skin-to-skin contact releases oxytocin
 - Helps prevent postpartum depression
 - Reduces stress response
- ▶ Return to pre-pregnancy weight sooner
- ▶ Lowers risk of T2DM, breast and uterine cancer
- ▶ Decreases blood loss after birth
- ▶ Delays return of menstrual period for as long as 12 months



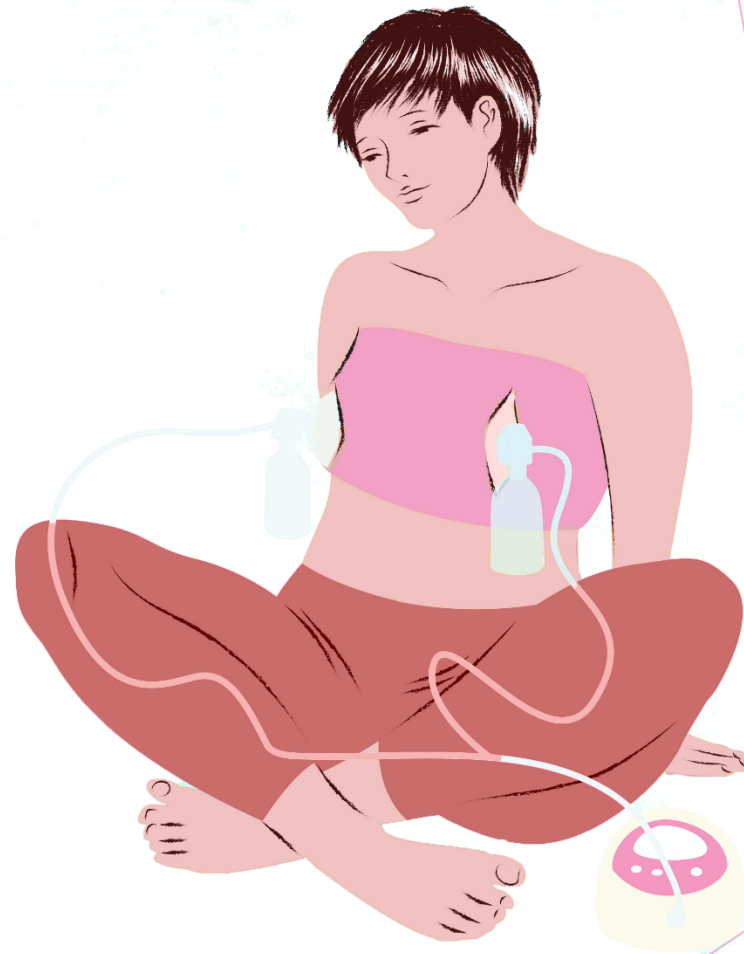
Milk production tips

- ▶ Breastfeed as soon as possible after giving birth
 - Hold baby skin-to-skin right after birth
 - If not possible, hand-express colostrum (first milk) and feed with teaspoon
- ▶ Breastfeed often
 - Aim for 8-12 feedings a day (every 2-3 hours)
- ▶ Ensure a proper latch
 - Position yourself and baby tummy to tummy and nipple to nose



More tips

- ▶ Empty each breast before switching sides
- ▶ Don't skip breastfeeding sessions
 - Pump or hand-express if you miss a feeding
 - This will help stimulate milk production
- ▶ Hold off on offering a pacifier until baby is one-month old
- ▶ Avoid certain medications that can decrease milk supply
 - Sudafed, Zyrtec D, hormonal birth control (rings, patches, pills)
- ▶ Avoid alcohol and nicotine



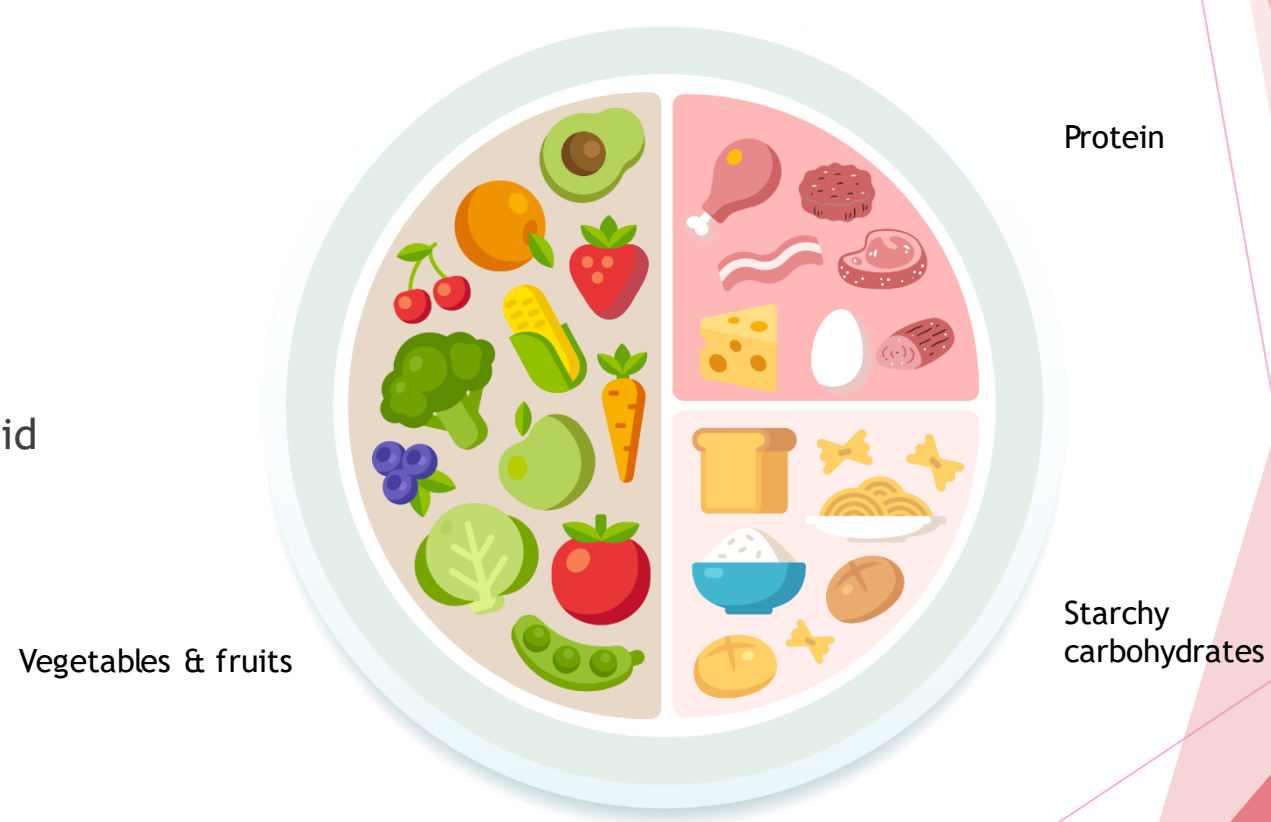
How do I know if my baby is getting enough breast milk?

- ▶ Your baby makes six or more wet diapers per day.
- ▶ Your baby is gaining weight.
- ▶ Your baby feeds eight or more times every 24 hours.
- ▶ You can hear and see your baby swallowing milk.
- ▶ Your breasts feel softer and emptier after feeding your baby.



Nutrition while breastfeeding

- ▶ Eat a well-balanced diet
 - Proteins
 - Whole grains
 - Fruits and vegetables
 - Dairy
- ▶ Exposing your baby to different flavors will help them accept solid foods more easily later.

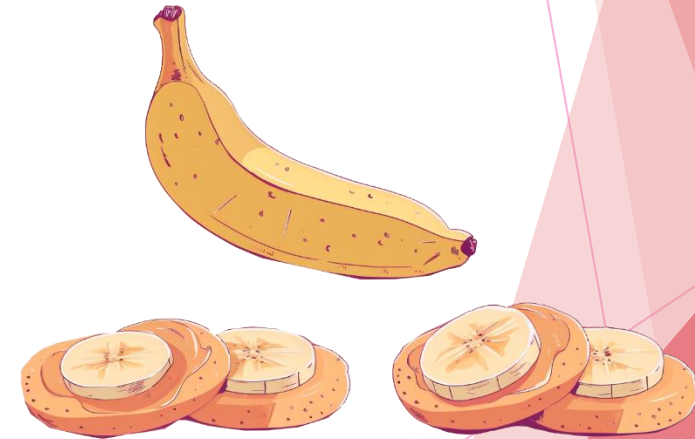
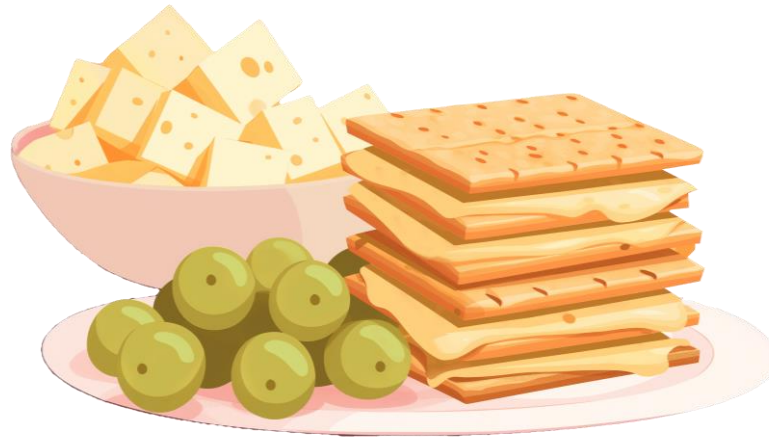
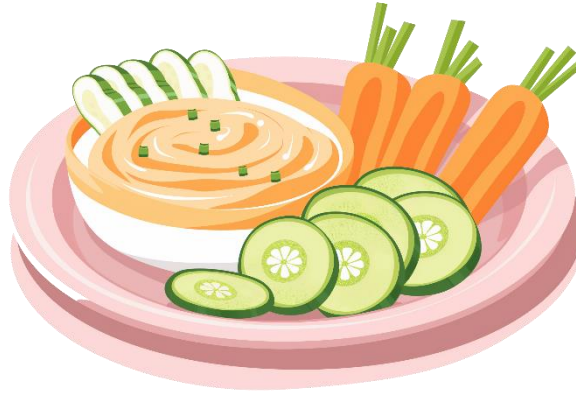


Calorie needs while breastfeeding

- ▶ You need an extra 250-500 calories a day while breastfeeding
 - Extra energy to produce milk
- ▶ Add a couple extra nutrient-rich snacks:
 - Whole wheat toast + 1 tbsp. peanut butter
 - 1 banana
 - 8 oz. Greek yogurt

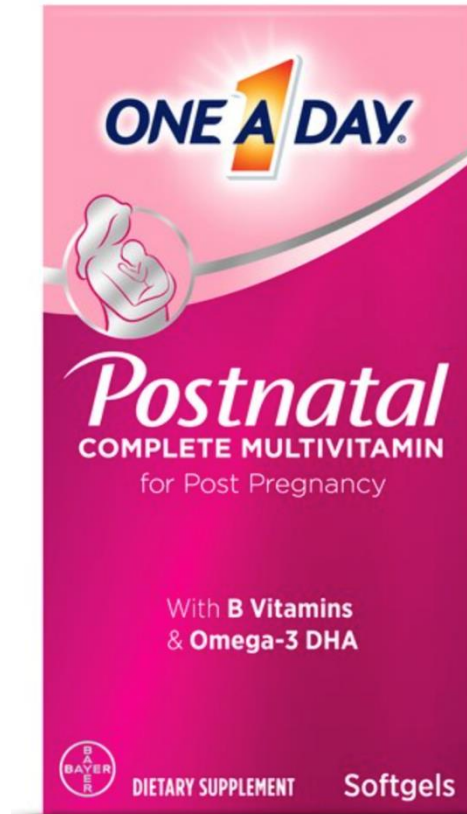


What is your favorite healthy snack?



Supplements for breastfeeding

- ▶ Vitamin D — teeth and bone growth for baby
- ▶ Iron — prevents anemia in mother
- ▶ Folic acid — DNA synthesis, reduces risk of cardiovascular disease
- ▶ Calcium — healthy bones for mother and baby
- ▶ Omega 3 DHA — brain, eye, and heart development
 - Improves memory, learning ability, and attention span



Foods to avoid while breastfeeding

- ▶ Caffeine — can increase fussiness/irritability in baby, sleep problems
- ▶ Alcohol — unsafe for baby
- ▶ Seafood — mercury can cause brain/nervous system development problems
- ▶ Sugar in excess — empty calories can lead to weight gain, diabetes, and fatigue



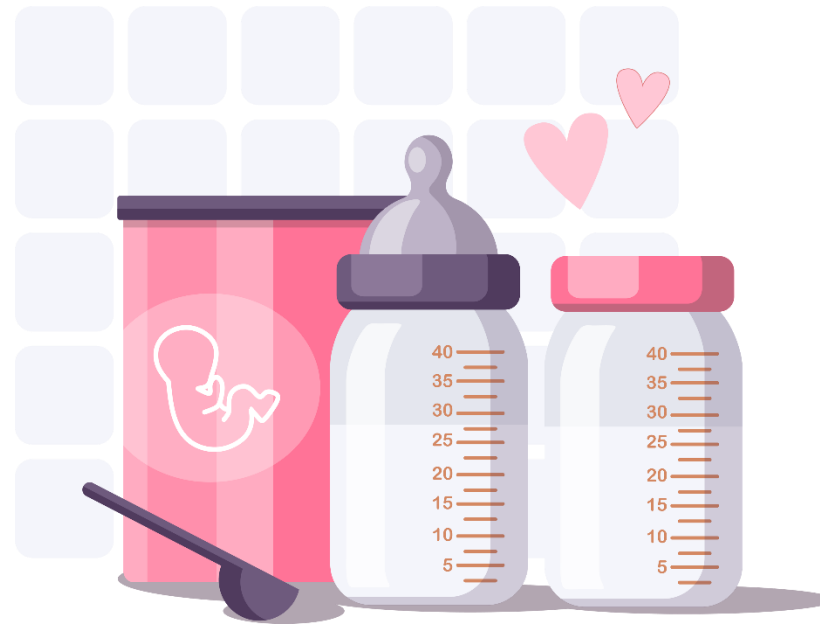
Choosing formula

- ▶ Don't let anyone shame you for choosing formula.
- ▶ Many reasons:
 - Unable to produce milk
 - Inverted nipples
 - Inadequate support
 - Baby losing weight
 - Certain medical conditions
 - Untreated HIV
 - Ebola
 - T-cell lymphotropic virus
 - Infant galactosemia



Formula feeding

- ▶ Choose the right formula for your baby with your doctor.
- ▶ Make sure it is not expired, is sealed and in good condition.
- ▶ Wash your hands.
- ▶ Use clean, sanitized bottles.
- ▶ Use clean, safe water.
- ▶ Mix formula with the proper amount of water, following instructions.
- ▶ For 2 months and younger and premature babies:
 - To kill germs like *Cronobacter* in formula, mix with very hot water (158 degrees F). Boil the water and then wait about 5 minutes before mixing with powder formula.



Understanding bottle propping

► Definition

- Bottle propping is the practice of using objects or aids to support a baby's bottle during feeding without holding it by hand.

► Risks

- Bottle propping can pose several risks to infant health and development, including choking, ear infections, dental issues, and inadequate bonding between caregiver and child.

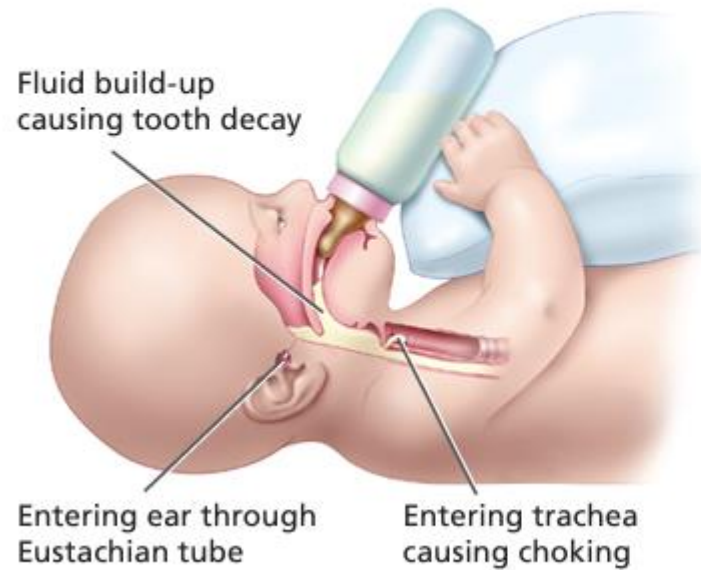
► Importance of Interaction

- Holding the bottle during feeding promotes crucial caregiver-infant bonding and allows for better monitoring of feeding cues and intake.



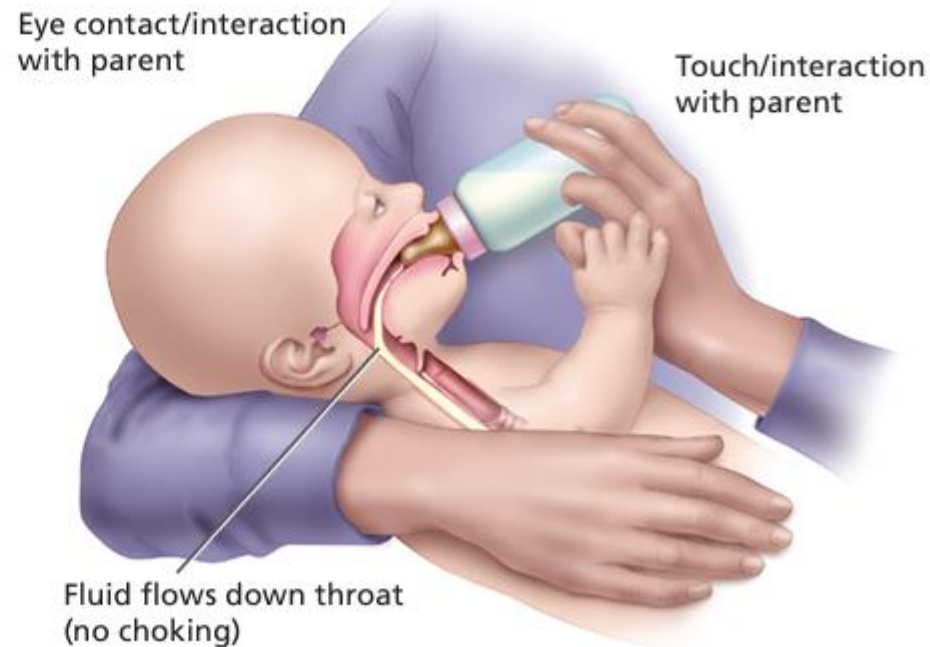
Incorrect v. correct feeding

Incorrect



Less interaction with parent

Correct



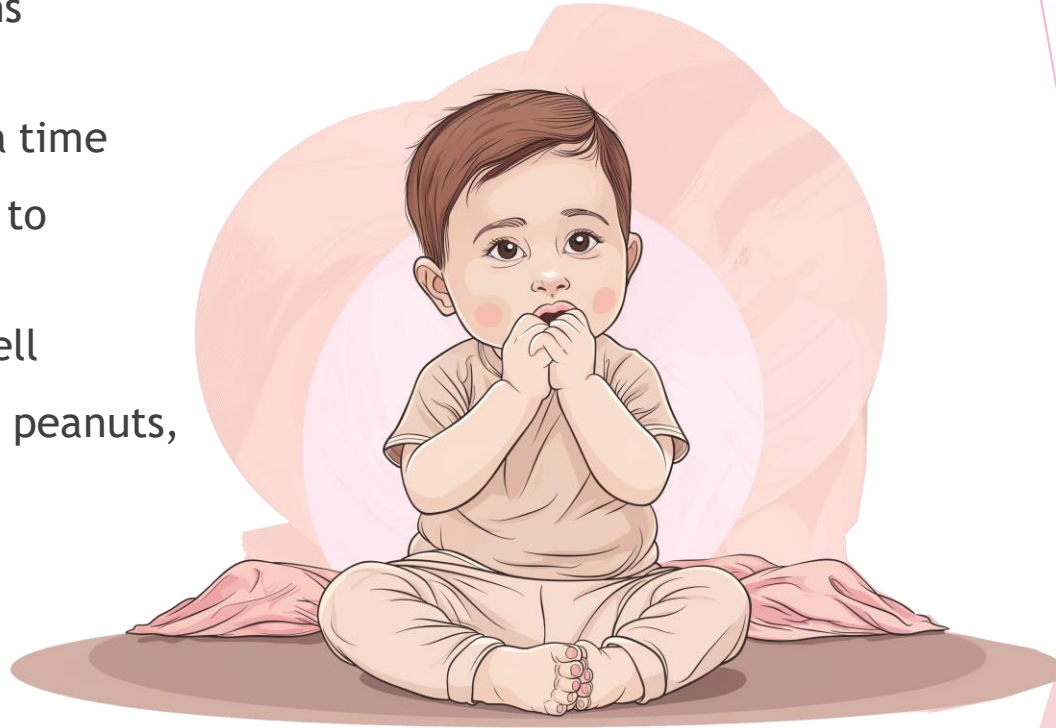
Use feeding time as a time to know your baby

Feeding tips for caregivers

- ▶ Embrace Bonding
 - Holding your baby close during feeding fosters strong emotional connections and encourages healthy development.
- ▶ Stay Present
 - Being actively involved in feeding allows you to better understand your baby's cues and respond to their needs effectively.
- ▶ Avoid Bottle Propping
 - Resist the temptation to prop the bottle, as it can lead to potential risks and hinder the bonding experience between you and your baby.
- ▶ Seek Support
 - Don't hesitate to reach out to a healthcare professionals or lactation consultants for guidance and support on safe feeding practices tailored to your baby's needs.

Starting solid foods

- ▶ Introduce solid foods at about six months of age when baby is ready
- ▶ Introduce one single-ingredient food at a time
 - Wait 3-5 days between each new food to monitor for food allergies
- ▶ Introduce common allergenic foods as well
 - Yogurt, eggs, fish, shellfish, tree nuts, peanuts, wheat, soy, sesame
- ▶ Include all food groups



Food allergies

- ▶ Signs of allergy can show up within a few minutes and up to six hours after exposure

- Skin — redness, hives, rash, itchiness
- Eyes — itchiness, watering
- Nose — running, stuffiness
- Diarrhea
- Vomiting

**Stop feeding immediately and speak with doctor*

- ▶ Anaphylaxis — swelling lips, mouth, tongue, throat, eyes, trouble breathing or swallowing, blue face or lips, weakness, passing out

**Call 911 and get immediate medical attention*



Tips for infant food preparation

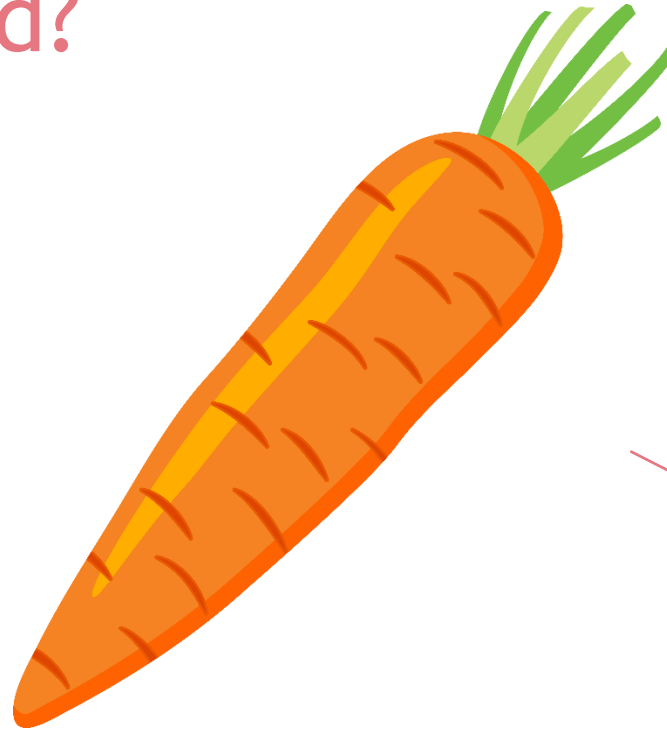
- ▶ Mix cereals, cooked grains, and nut butters with breast milk, formula, or water
- ▶ Soft finger-sized pieces for baby to grab
 - Palmer grasp → Pincer grasp
- ▶ Remove fat, skin, and bones from poultry, meat, and fish
- ▶ Cut cylindrical foods like string cheese into short thin strips
- ▶ Cut small spherical foods like blueberries into small pieces
- ▶ Stir nut butters into applesauce, oatmeal, or yogurt



How would we serve carrots to a 6-month-old?

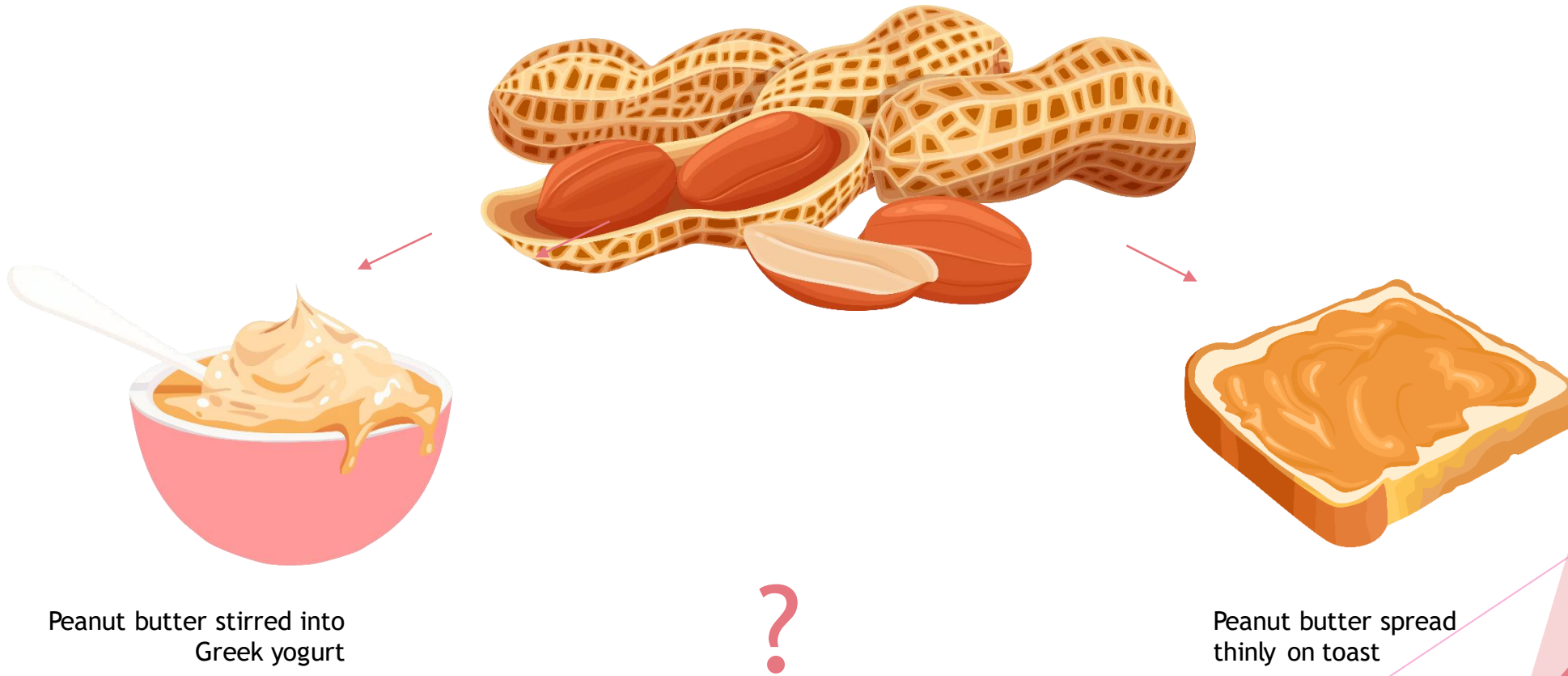


Steamed



Cooked & chopped

How would we serve peanuts to a 6-month-old?



Foods to avoid

- ▶ Honey until 12 months (botulism poisoning risk)
- ▶ Cow's milk until 12 months
- ▶ Juice until 12 months
- ▶ Sugar-sweetened food or beverages
- ▶ Unpasteurized food or beverages
- ▶ Fish high in mercury
- ▶ Caffeine (dark sodas, coffee, tea, chocolate)



CPR, choking recognition and tools for emergency response

▶ CPR Basics:

- Cardiopulmonary Resuscitation (CPR) is essential in emergencies when a baby's breathing or heartbeat has stopped.
- CPR involves chest compressions and rescue breaths, tailored to the size and needs of a child, to maintain blood circulation and oxygenation until professional help arrives.

▶ Choking Recognition:

- Choking in a 12-month-old occurs when the airway is blocked, impeding breathing.
- Signs include difficulty breathing, coughing, gagging, wheezing, and potential loss of consciousness.

▶ Emergency Response:

- Act swiftly but calmly if a baby is choking.
- For conscious choking, administer back blows and chest thrusts until the obstruction is cleared or until the child becomes unconscious.

▶ Tools for Choking Emergencies:

- Multiple tools out there to assist with dislodging blockage (Dechoker, LifeVac, Choking Rescue Tube, etc.)
- Ask your doctor which emergency response tool is right for you

▶ Training and Preparedness:

- Attend CPR and first-aid courses tailored to pediatric emergencies.

Questions



Post exam

Let's see what you learned



Set your SMART goals



- **Specific** — State exactly what you will do.
- **Measurable** — Provide a way to evaluate that you are doing the right amount.
- **Achievable** — Considering your life, they are possible to accomplish.
- **Relevant** — Make sense for assisting you in reaching your overall goal.
- **Time-bound** — Give yourself a time frame, date or time to accomplish these tasks.

References

- ▶ www.americanpregnancy.org
- ▶ www.cdc.gov
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- ▶ <https://www.health.harvard.edu/blog/why-we-shouldnt-demonize-formula-feeding-2018040313557>
- ▶ <https://solidstarts.com>
- ▶ <https://laleche.org.uk/bf-postnatal-depression/>
- ▶ <https://pubmed.ncbi.nlm.nih.gov/22978082/>

Thank You!



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