

Introducing Solids Card #1



Question:

- How can I make sure my baby gets enough iron when he or she is 6 months old?

Introducing Solids Card #1



Answer:

- Iron is needed for growth, development and making healthy blood.
- Offer iron rich, whole foods to baby first.
 - Meat (e.g. moose, deer, fish, beef, chicken).
 - Meat alternatives (e.g. beans, lentils, eggs).
 - Iron-fortified infant cereal (e.g. rice, oat, wheat).
- Vitamin C helps baby absorb iron from food. It is found in vegetables and fruit.

Introducing Solids Card #2



True or False:

- My baby can eat locally caught fish.



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Answer: True!

- Fish is a good source of iron, protein, omega-3 fatty acids, vitamins and minerals.
- Make sure fish is thoroughly cooked and the proper texture for baby. Remove all bones so baby does not choke.
- Some fish have higher levels of mercury, which can be harmful to baby. Talk to your health care provider or visit www.environment.gov.sk.ca for more information.

Introducing Solids Card #3



Question:

- How do I know my baby is ready to start eating solid food?

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Answer:

- Baby is ready to try solid foods when he or she:
 - Is 6 months old.
 - Watches what others are eating.
 - Reaches for food.
 - Sits unassisted or with help from a chair.
 - Holds head up and can turn it side to side.
 - Seems hungry and is not full after breastfeeding.

Introducing Solids Card #4



Question:

- Are there any foods that I should avoid offering to my baby?



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Answer:

- Keep baby safe by avoiding:
 - Foods baby can choke on like whole grapes, hot dogs, popcorn and hard candy. Healthy foods like grapes can be cut into small pieces to make them safe.
 - Honey until baby is at least 1 year old. Baby's immune system is not strong enough to handle honey until then.
 - Undercooked or raw meat and eggs. These may contain harmful bacteria that make baby sick.

Introducing Solids Card #5



True or False:

- The best way to prevent a food allergy is to delay eating certain foods like eggs, fish and nuts.

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Answer: False!

- Delaying certain foods will not prevent a food allergy.
- Food allergies are not very common. Also, they tend to run in families.
- Offer foods like eggs, fish and nuts at the appropriate texture with other healthy foods at 6 months. Introduce these foods one at a time.

Introducing Solids Card #6



True or False:

- All of baby's first foods should be pureed or smooth without lumps.

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Answer: False!

- Baby can enjoy a variety of soft textures and finger foods at 6 months like:
 - Deboned fish or ground cooked meat.
 - Pieces of soft cooked carrots or broccoli.
 - Pieces of soft banana or applesauce.
 - Strips of whole wheat toast or macaroni.
 - Grated cheese or cottage cheese.

Introducing Solids Card #7



True or False:

- It is best to offer baby drinks in an open cup instead of a sippy cup.

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Answer: True!

- Using an open cup helps baby to develop their drinking skills. It will be messy at first!
- The best beverages for baby are water and homogenized cows milk (3.25% MF). Wait to offer milk until baby is 9-12 months old.
- Do not offer baby juice, tea, coffee, pop or other sugary beverages. These beverages are not healthy for baby.

Introducing Solids Card #8



True or False:

- You can continue to breastfeed baby even after solid foods are introduced.

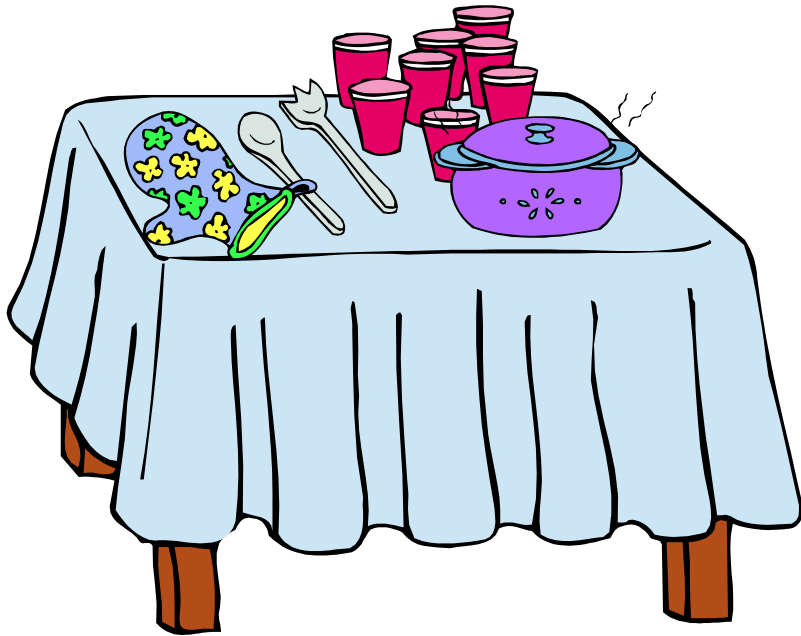
Introducing Solids Card #8



Answer: True!

- Breastfeeding continues to provide half or more of baby's nutrition needs from 6-12 months.
- It is recommended that baby continues breastfeeding for up to 2 years or beyond.

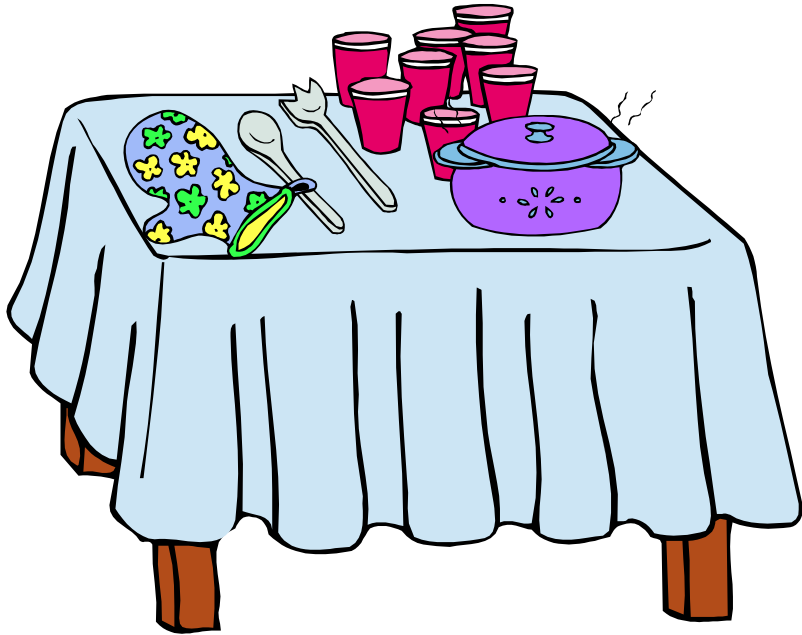
Introducing Solids Card #9



Question:

- When should my baby be eating with the family?

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Answer:

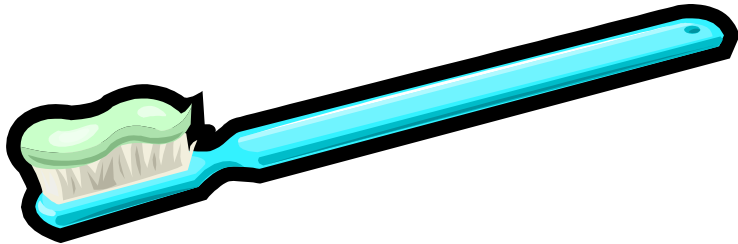
- Include baby at family meals before they are eating solids. Babies are more likely to enjoy new foods when they can watch others eat and enjoy food.
- Let baby explore and play with the foods at the table. It will be messy!
- Make meal times free of cell phones, TV and other distractions. Let this be a family bonding time.

Introducing Solids Card #10

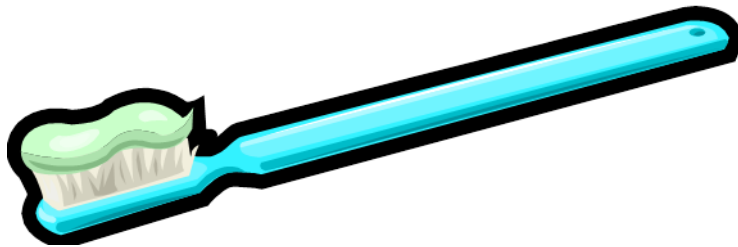


Question:

- Can I use toothpaste as soon as my baby's first tooth comes in?



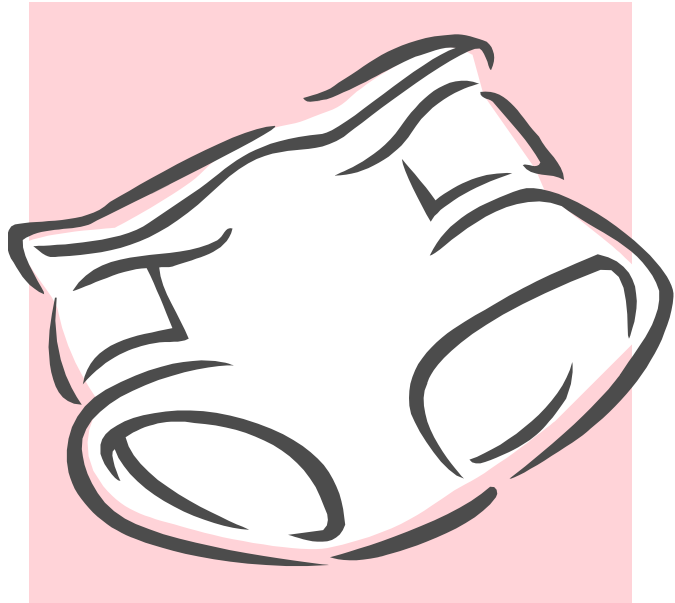
Introducing Solids Card #10



Answer:

- Toothpaste is recommended once teeth are present. Choose fluorinated toothpaste.
- Brush your baby's teeth every day. Use a "grain of rice" size of toothpaste. Teach your baby to spit out the toothpaste, not swallow it.
- Have your baby's mouth checked by a dental professional by their first birthday.

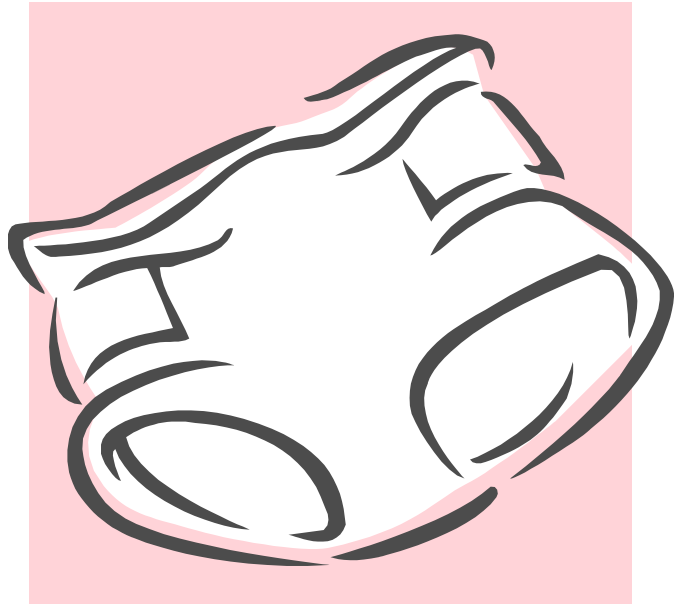
Introducing Solids Card #11



Question:

- Will my baby's poop change once they start eating solids?

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Answer:

- Changes in the number, colour, and texture of poop happen when baby starts eating solids.
- Each baby will develop a regular bowel pattern. Infrequent pooping may happen.
- Talk your health care provider if you have concerns about constipation or diarrhea.
 - Constipation is when poop is passed less often than usual. It is hard, dry, difficult or painful to pass.
 - Diarrhea is when poop is passed more often than is usual. It is loose and watery.

Introducing Solids Card #12



Question:

- What are the best foods for my baby to eat?



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Answer:

- Choose whole foods from all 4 food groups.
 - Offer iron rich foods, brightly coloured vegetables and fruit, whole grains and age appropriate dairy products.
- Babies can eat healthy family foods. Offer foods at the appropriate texture for baby.
- Offer new foods one at a time.
- Added salt or sugar is not needed. Let baby experience the natural taste of food.

Introducing Solids Card #13



True or False:

- Gagging is normal when baby is learning how to eat.

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Answer: True!

- Babies may gag when learning how to chew and swallow. Gagging prevents baby from choking on food.
- Tips to keep baby from gagging:
 - Use a smaller spoon.
 - Offer foods at the table with no distractions.
 - Offer textures baby can handle well.
 - Talk to your health care provider if you have questions or concerns about baby's eating.

Introducing Solids Card #14



Question:

- What can I do if my baby sometimes refuses new foods?



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Answer:

- It may take up to 15 tastes or more before baby likes a new food.
- Do not pressure baby to eat. Instead try:
 - Offering the refused food again in a few days.
 - Serving food at different temperatures.
 - Mixing solid food with breastmilk.
 - Making sure baby is happy and alert and is not tired.

Introducing Solids Card # 15



Question:

- What role do you and your baby play in eating?

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Answer:

- Your role is to decide where, when and what food will be offered.
- Baby's role is decide if and how much to eat. Watch baby for cues that he or she is full:
 - Turns head away from food.
 - Pushes away the spoon.
 - Plays with spoon, bowl or plate.
 - Acts uninterested in food.
 - Refuses to open mouth for another bite.