

Introducing solids – practicalities

Remain calm, maintain eye contact, if baby not ready try in a few days

- **~6-8 months**
- Initially breastmilk / formula first, then solids so baby is not hungry / upset
- Start with 1-2 teaspoons - 1 tablespoon, once a day
- Work up to ~3 tablespoons quantity, 2-3 x day. Finger foods @ ~8 months

- **~9-12 months**
- Offer solid foods, then breastmilk / formula
- Offer 3-4 meals a day, snacks if baby is hungry
- Roughly 3 tblspn - ½ cup portion size
- Cut up family foods by ~12 months

Remember each person's role:

- A parent is responsible for feeding/providing:
 - When
 - Where
 - What
- A child is responsible for eating:
 - Whether
 - How much

WHO Infant and Young Child Feeding, 2009,

https://www.who.int/maternal_child_adolescent/documents/9789241597494/en/

Ellyn Satter Institute, <https://www.ellynsatterinstitute.org/>

Fussy Eating Strategies – Ellyn Satter Institute

- Eat as a family without distractions (dinner table, around coffee table, picnic)
- Buffet style meal if possible = exposure to new foods
- Everyone eats the same meal!
- Always ensure there are 1-2 foods on the table that the fussy child will comfortably eat and can fill up on
- Avoid grazing to help regulate appetite
- No pressure environment
 - this means both pressure to eat and praise for eating
 - OK to acknowledge trying a new food, but watch wording - 'you tried carrot, I like this food too'

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