

# New Nibbles

## A Guide to Feeding Infants

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*The New Nibbles* card set provides a hands-on, educational activity to train nutrition and health educators about developmentally appropriate infant-feeding practices. Before the workshop, print and separate the cards onto individual sheets of paper (preferably card stock). Make enough copies so that a set is available for each pair of participants. During the workshop, ask participants to get into pairs and match the cards by age (black letters), developmental stage (**pink letters**), and appropriate infant-feeding advice (**green letters**). The three cards can then be clipped together, with the age card on the top. Discuss with the participants the connections between developmental readiness, nutrition needs, and appropriate infant-feeding advice.

Recommendations related to infant feeding differ across countries (Grimshaw et al. 2009). In this activity, primarily designed for U.S. populations, the American Academy of Pediatrics (AAP) has been the source for appropriate infant-feeding practices (Kleinman 2009). The focus of this information is on the introduction of solids into the diet of normal, healthy infants, and it does not cover specific recommendations for vitamin or mineral supplements. That information can be located elsewhere (Baker et al. 2010; Wagner et al. 2008).



## Guide to Infant Feeding

Age	Developmental stage	Appropriate infant-feeding practices
<b>Birth to 6 months</b>	<ul style="list-style-type: none"> <li>• Displays rooting reflex.</li> <li>• Sucks and swallows liquids.</li> <li>• May push food out with tongue.</li> </ul>	<ul style="list-style-type: none"> <li>• Breastfeed exclusively (8 to 12 times in 24 hours or on demand).</li> <li>• If baby is not breastfed, give iron-fortified formula. Watch for cues that infant is full.</li> <li>• No water, tea, juice, cereal, or other solids at this time.</li> </ul>
<b>6 months</b>	<ul style="list-style-type: none"> <li>• Sits with support.</li> <li>• Holds head steady.</li> <li>• Keeps food in mouth and swallows it.</li> </ul>	<ul style="list-style-type: none"> <li>• Breast milk or iron-fortified formula is still main source of nutrition.</li> <li>• Start iron-rich foods, adding new foods every 3 to 5 days.</li> <li>• Give 1 or 2 teaspoons of a new food once or twice daily.</li> <li>• Feed baby with a spoon in a sitting position. Do not put cereal or other solids in bottle.</li> <li>• Do not force feed, extend feeding for more than a half hour, or feed more than a cup of solid food at a sitting.</li> <li>• Pureed or strained foods, including meats, cooked beans, chicken, tofu, soft fruits, cooked vegetables, and plain infant cereal, are okay. Certain types of large fish (shark, swordfish) are not okay for young children.*</li> </ul>
<b>7 to 8 months</b>	<ul style="list-style-type: none"> <li>• Sits with ease and without support.</li> <li>• Begins to chew.</li> <li>• Uses cup with help.</li> <li>• May self-feed finger foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to breastfeed or give iron-fortified formula.</li> <li>• Offer a variety of new soft foods.</li> <li>• Start teaching how to drink water from a cup.</li> <li>• Encourage baby to try self-feeding by giving soft finger foods (like banana slices).</li> <li>• Avoid adding sugar, salt, or spices to foods.</li> <li>• Do not force feed, extend feeding for more than a half hour, or leave child alone while eating.</li> <li>• Avoid foods that could cause choking, such as nuts, whole grapes, hot dogs, popcorn, and raw carrots.†</li> </ul>
<b>8 to 10 months</b>	<ul style="list-style-type: none"> <li>• Takes a bite of food.</li> <li>• Uses cup with little or no help.</li> <li>• Self-feeds finger foods.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to breastfeed or give iron-fortified formula.</li> <li>• Continue to offer a variety of new soft foods.</li> <li>• Give soft, baby-size pieces of finger foods, such as soft cheeses, plain crackers, pieces of tortilla, and toasted whole grain or white bread.</li> <li>• Continue to avoid foods that may cause choking.</li> </ul>
<b>10 to 12 months</b>	<ul style="list-style-type: none"> <li>• Starts to use a spoon to feed self.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to breastfeed or give iron-fortified formula.</li> <li>• Offer three meals plus two snacks daily.</li> <li>• Provide small pieces of cooked or soft table foods.</li> <li>• Begin to plan feeding times to coincide with family meals.</li> <li>• Avoid excessive use of sweets, salty, or fatty foods.</li> <li>• Continue to avoid foods that may cause choking.</li> </ul>
<b>1 year</b>	<ul style="list-style-type: none"> <li>• Uses a spoon without help.</li> <li>• Begins to use a fork.</li> </ul>	<ul style="list-style-type: none"> <li>• Continue to breastfeed as long as desired. Offer other liquids in a cup.</li> <li>• If bottle feeding, transition to cup.</li> <li>• Offer three meals plus two snacks a day.</li> <li>• Provide 2 to 4 ounces of whole milk at a time. Gradually increase to 4 ounces in a cup, four times a day.</li> <li>• Avoid excessively sweet, salty, or fatty foods.</li> <li>• Continue to avoid foods that may cause choking.</li> </ul>

Notes: \* Certain large fish are to be avoided in the diet of all young children due to the high mercury content. Other seafood, like canned salmon, pollock, or shrimp, contains less mercury and may be consumed.

† The American Academy of Pediatrics recommends avoiding foods that may cause choking in children under 4 years of age. In toddlers, some of these foods (like grapes) may be safe when cut into very small pieces.



## References

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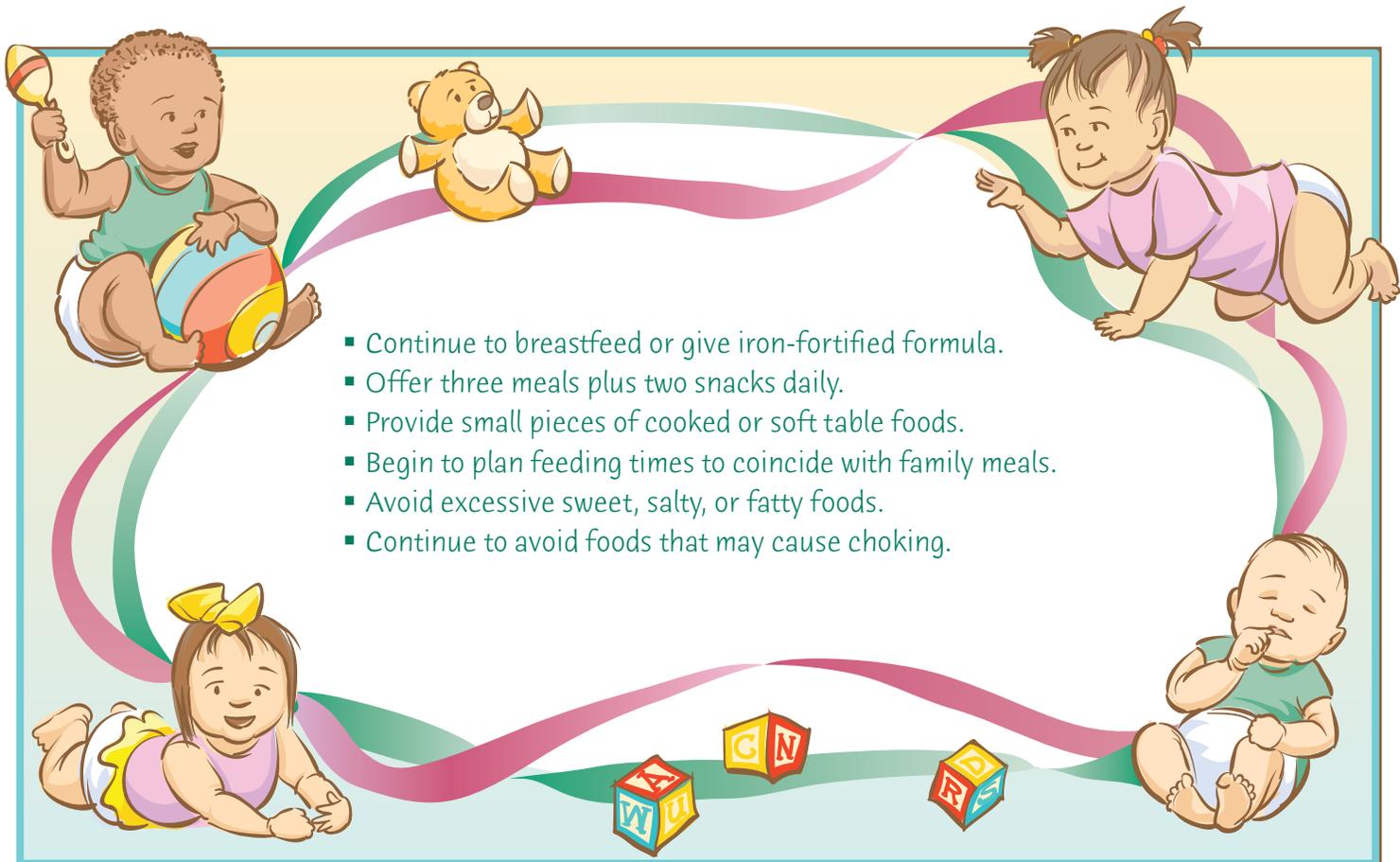
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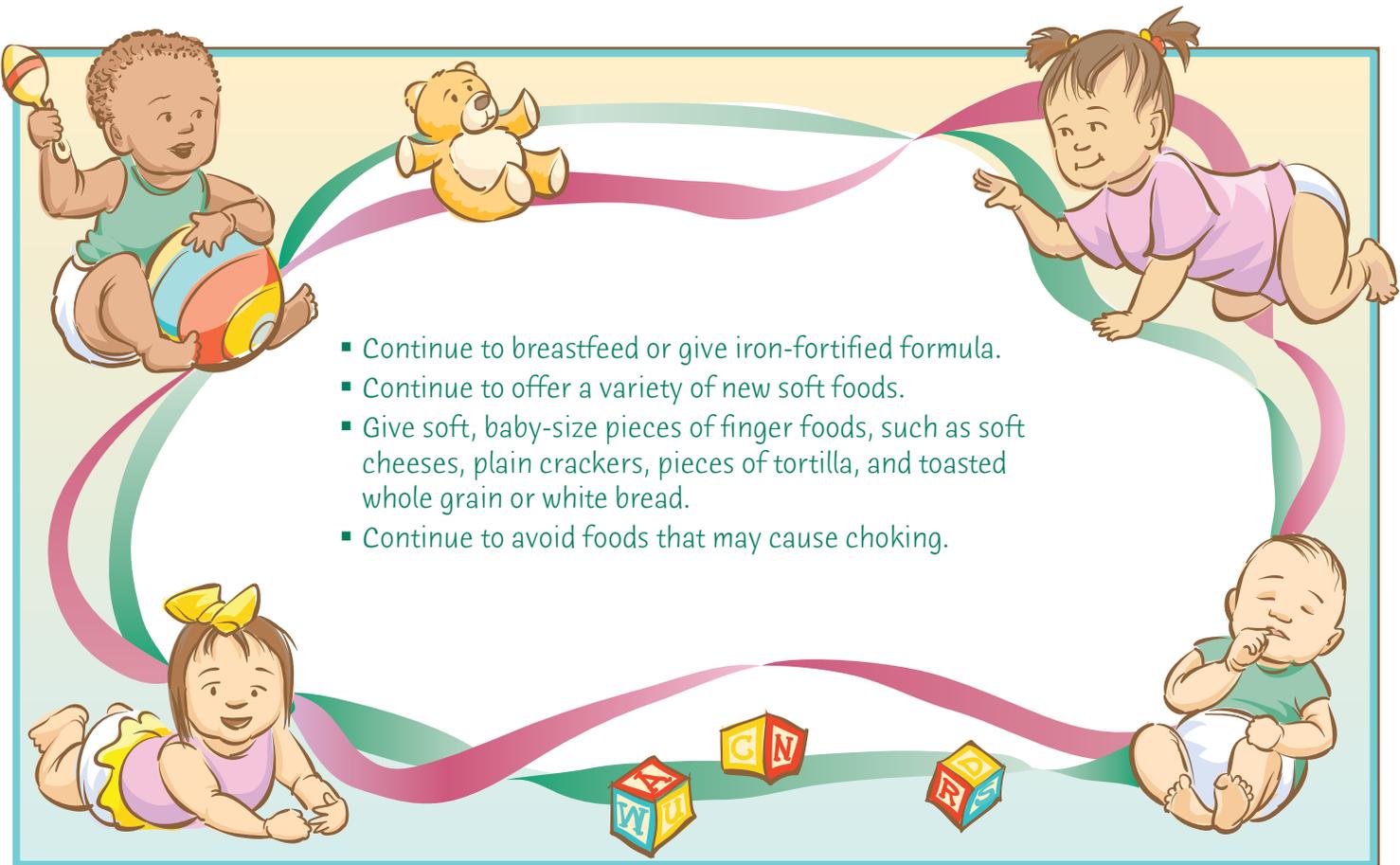




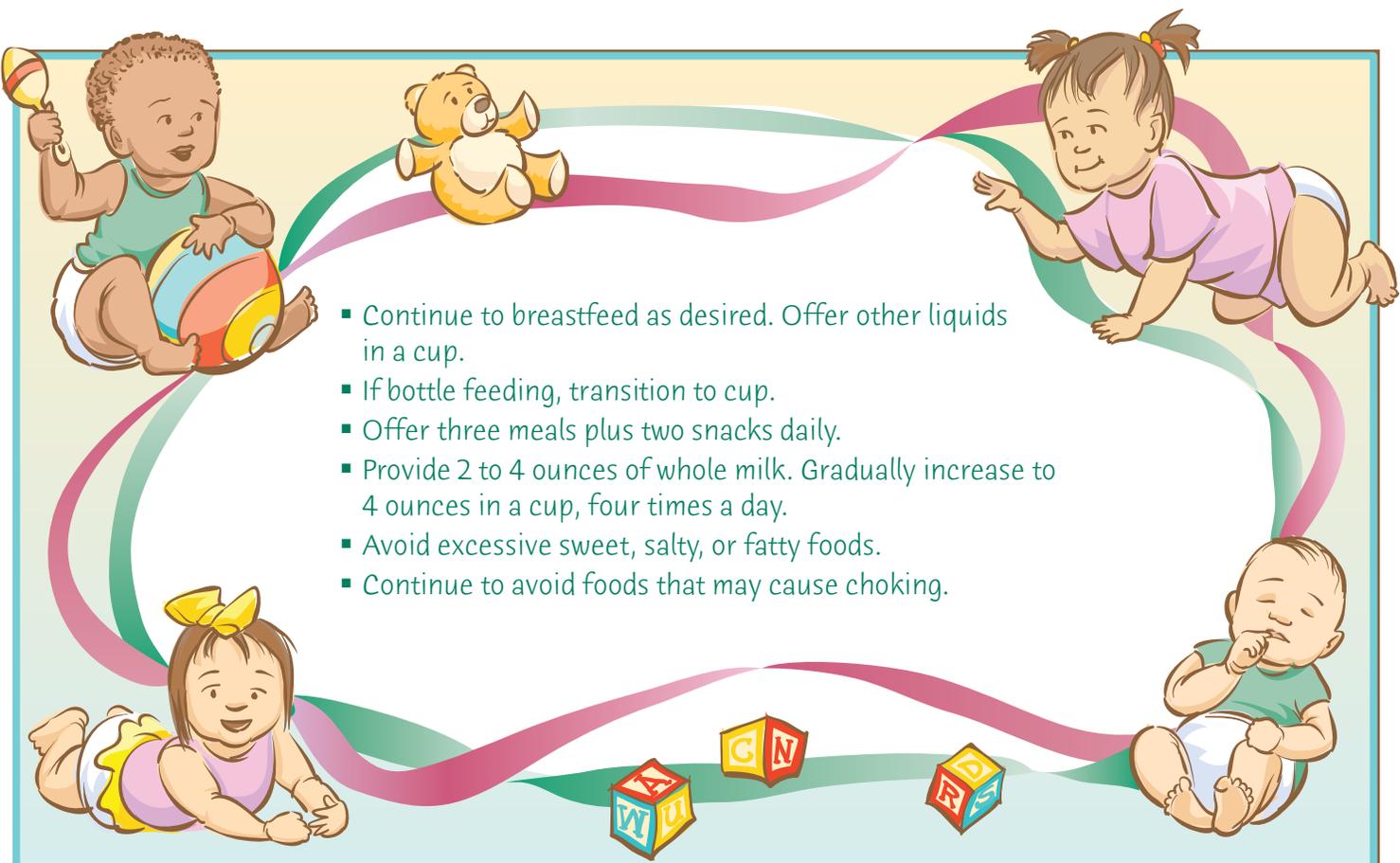




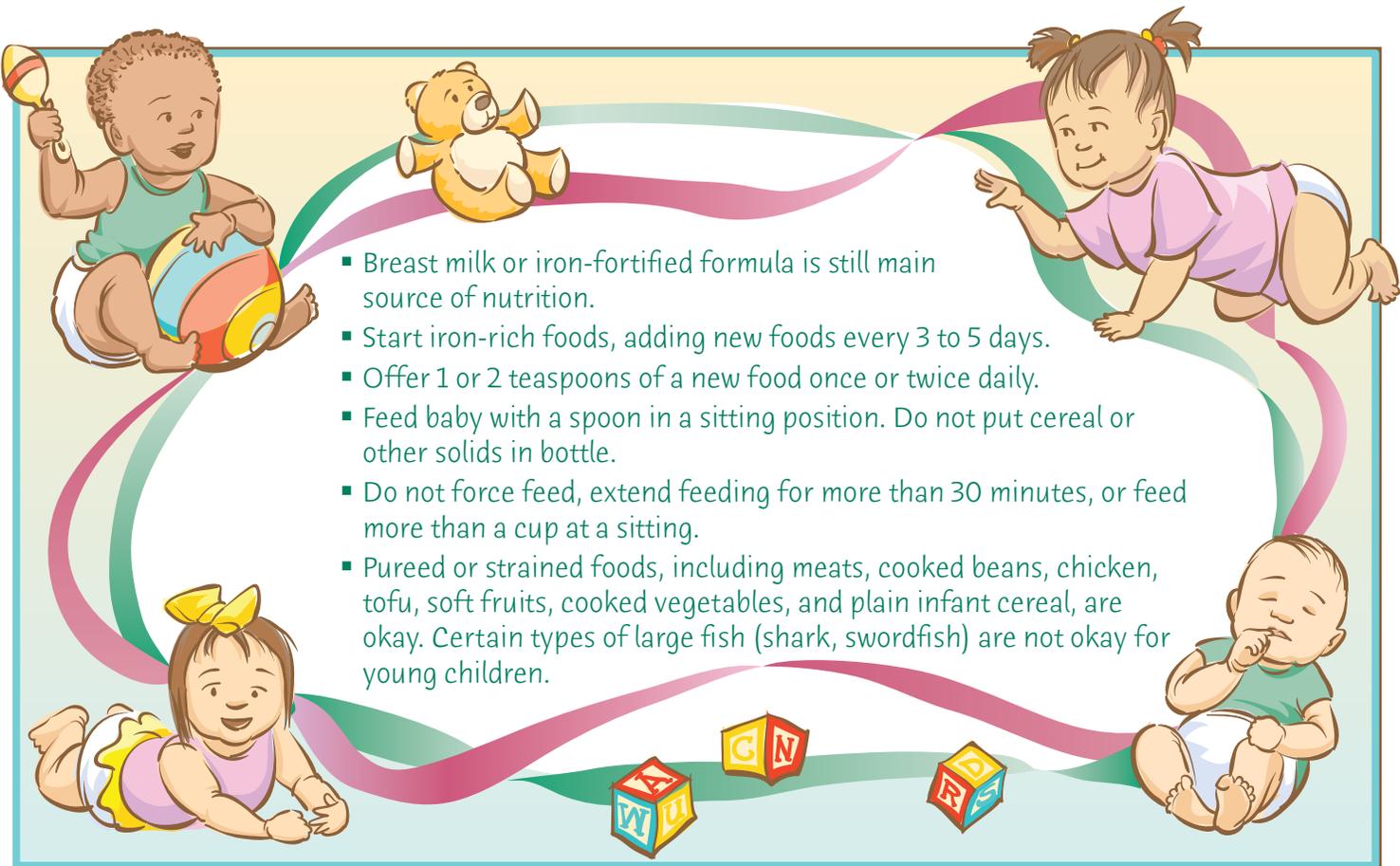




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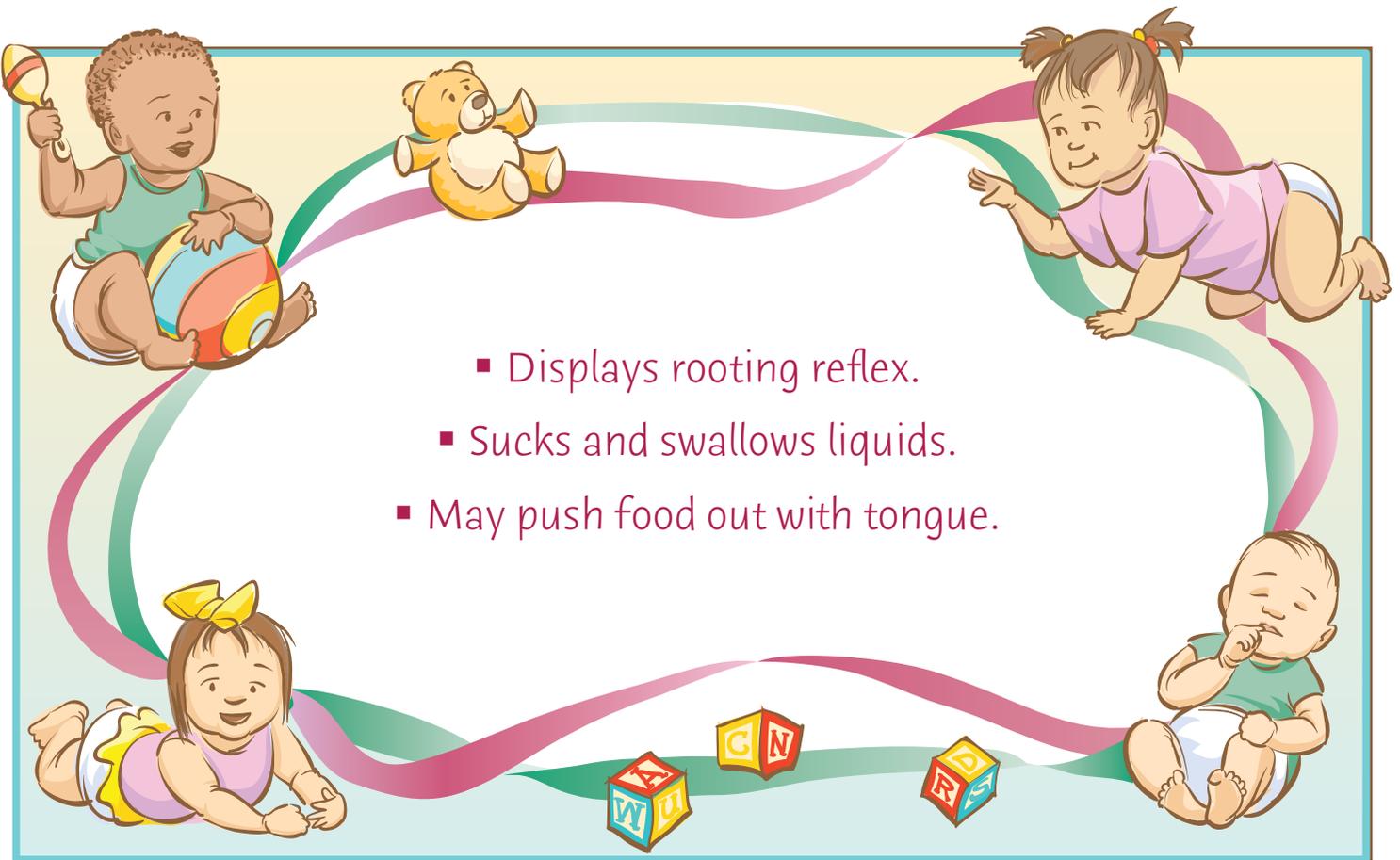




- Sits with ease and without support.
- Begins to chew.
- Uses cup with help.
- May self-feed finger foods.



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- Displays rooting reflex.
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- Sits with support.
- Holds head steady.
- Keeps food in mouth and swallows it.