

COMMUNITY NEWSLETTER!



FEEDING YOUR BABY: INFANT TO 12 MONTHS

March is National Nutrition Month and we celebrate this holiday to encourage healthy eating!

A balanced diet is important for your overall well-being, but it is also important to the overall well-being of your baby. Choosing the right food for your baby during the first year of life is very important.

More growth occurs during the first year than at any other time in your child's life. Babies should be fed a variety of healthy foods at the appropriate time. Starting good eating habits at this early stage will help set healthy eating patterns for life.

For the first year of a baby's life, breast milk is best. It has all the necessary vitamins and minerals your baby needs. However, if a mom is unable to breastfeed or chooses to use formula, there are many high-quality formulas to choose from.

After 6 months of age, most babies are ready to try solid foods. At this age — parents can begin with healthy snacks, like iron-fortified cereal, jarred baby food, and soft fruits and vegetables. But be careful not to start too early! Feeding your baby solid food too soon may lead to overfeeding and being overweight.

If you're thinking about starting solids, turn to [Page 3](#) for [Solid Foods: 3 Tips on How to Get Your Baby Started](#). Also, please remember to always discuss nutrition with your child's healthcare provider before changing or adding to your baby's diet.

IN THIS ISSUE:

Feeding Your Baby:
For the First Year

QUIZ:
Healthy Food for Babies!

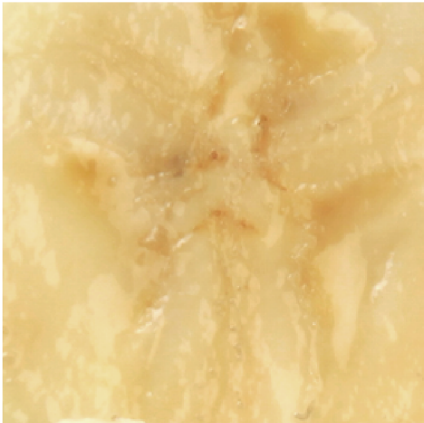
Solid Foods:
3 Tips on How to Get Your
Baby Started



#DidYouKnow: The American Academy of Pediatrics (AAP) recommends most of the calories your child consumes every day should come from breastmilk or formula until the age of 1.

HEALTHY FOODS FOR BABY QUIZ

These four pictures are just some examples of healthy foods to give your baby when transitioning to solid foods. Can you identify these foods from a close up photo?



Question 1:

- A) Banana
- B) Squash
- C) Corn



Question 2:

- A) Broccoli
- B) Sweet Peas
- C) Avocado



Question 3:

- A) Mashed Sweet Potato
- B) Orange Puree
- C) Carrot Puree



Question 4:

- A) Brown Rice
- B) Cereal
- C) Bread

Solid Foods: 3 Tips on How to Get Your Baby Started

Solid foods are a big step for a baby. Find out when and how to make the transition from breast milk or



formula to solid foods with these 3 simple tips from the American Academy of Pediatrics (AAP) to help you prepare for this transition!

1) When Can My Baby Begin Solid Foods?

Remember that each child's readiness for solid foods depends on their own rate of development. In addition to age, look for other signs that your baby is ready for solid foods. For example:

- Can your baby hold his or her head in a steady, upright position?
- Can your baby sit with support?
- Is your baby mouthing his or her hands or toys?
- Is your baby showing a desire for food by leaning forward and opening his or her mouth?

If you answer yes to these questions and your baby's healthcare provider agrees, you can begin supplementing your baby's liquid diet.

2) What should Feed My Baby?

Your baby's first foods are your choice. Whether you decide to make your own baby food or buy premade baby food, you have many options. However, keep the following in mind:

- Foods should be soft or pureed to prevent choking.
- Introduce one "single-ingredient" new food from any food group every 3 to 5 days. Look out for any reactions.
- Be sure to include foods that provide iron and zinc, such as baby food made with meat or iron-fortified cereals.
- If you feed your baby premade cereal, make sure it is made for babies and is iron fortified.
- Within a few months of starting solid foods, your baby's daily diet should include a variety of foods, such as breast milk, formula or both; meats; cereal; vegetables; fruits; eggs; and fish.

3) What Foods Should I Avoid Giving My Baby?

- Avoid giving your baby juice, salt, sugar, saturated fat, honey, whole nuts, peanuts, rice drinks raw or lightly cooked meat or fish, and caffeinated drinks. These foods do not have the nutrients your baby needs and some can cause serious illness!

Continue to Page 4 for a Bonus Tip!

BONUS TIP: How do I feed my baby?

- Start with half a spoonful or less and talk to your baby through the process — And make it fun! Your baby may not know what to do at first. They may look confused, wrinkle their nose, roll the food around inside their mouth, or reject it altogether, but you're still moving in the right direction!
- One way to make eating solids for the first time easier is to give your baby a little breast milk, formula or both first; then switch to very small half-spoonfuls of food; and finish with more breast milk or formula. This will prevent your baby from getting frustrated when they are very hungry.
- Get ready for your baby's stool to change. Their stools will often become more solid and variable in color. Because of the added sugars and fats, they will have a much stronger odor, too.
- If your baby cries or turns away when you feed them, do not make them eat. Go back to breastfeeding or bottle-feeding exclusively for a time before trying again. Remember that starting solid foods is a gradual process; be patient with yourself and your baby!

Don't Miss Out on a Fun & Memorable Day at the Park with You & Your Kids! Register Today for Dads & Strollers! Scan the QR Code to Register Now!



1st Annual DADS & STROLLERS Event

March 18, 2023
9 AM at Cascades Park



FREE

Come out and you will be automatically entered for a chance to Win a NEW Stroller!

CAHSC 2022-2023 Board of Directors

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The Traveling Crib

Follow the Traveling Crib!

In 2017, we launched a safe sleep initiative for Leon and Wakulla counties, called the "Traveling Crib"! The purpose is to provide a visual of a safe sleep environment for children from birth to 12 months old. According to the American Academy of Pediatrics, babies should sleep Alone, on their Backs, and in a safe Crib.

LAST MONTH: Brandon's Place at Lincoln



THIS MONTH: Sunrise Place Apartments

What is CONNECT?

Capital Area Healthy Start is dedicated to connecting new or expecting moms and families with community programs to help them during every parenthood stage. Our Connect program, also known as CI&R, assists pregnant women, caregivers, and families with young children by providing a one-stop entry point for needed services, such as healthy pregnancy education, child development education, breastfeeding education,



women's health education, and care coordination. Connect works to identify a family's needs and link them with local programs that can best serve them, creating a referral process that not only streamlines access to services but works to build a larger network of care during early childhood.



When dressing your newborn for bed, follow this rule of thumb: dress the infant in one additional fitted layer than what you'd be comfortable wearing at night in that room. Consider a onesie or sleep sack, but NO hats.

Babies can quickly overheat if they fall asleep wearing hats or beanies and headwear in bed can also be a choking or suffocation hazard.

