



Raising a Healthy Eater

Presented by:

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Winnipeg Regional Health Authority



Getting a child started right with eating is a gift that lasts for life!

The 6 – 12 month infant

- Signs baby is ready for solid foods
- The right food
- The right amount
- Gimmicky foods
- Stages of development
- Competent eating
- Ellyn Satter – Division of Responsibility



The Toddler (one – three years)

- The toddler's way of eating
- Most caregivers work too hard
- Family Meals
- **Game-** division of responsibility

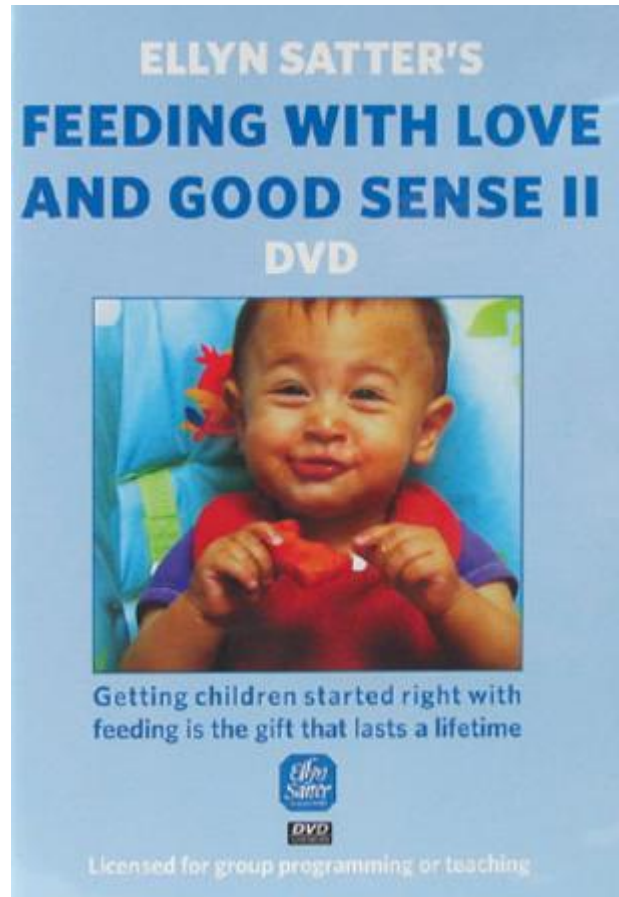


The Preschooler (3 to 5 years)

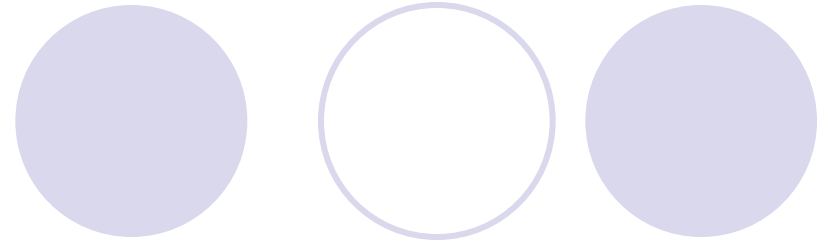
- When feeding is going well
- Too much interference
- Finicky eating
- **Game** “Do you say this?”



Ellyn Satter



True or False?



Babies are ready for solid foods at around 6 months of age



Why wait until 6 months?

- Breastmilk is the *complete* source of nutrition
- Babies are developmentally and physiologically ready for food at 6 months

- Starting solids early will not help baby sleep through the night
- “Big” babies do not need to start solids earlier





able to open mouth in response to spoon
achieves lip closure around spoon
move head toward spoon with mouth open
watches spoon
reaches for food

6 MONTHS:

- Offer iron-rich foods to prevent iron-deficiency anemia

What are IRON-RICH food sources?

1. Meats and Alternatives:

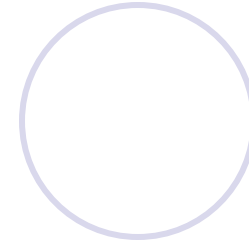
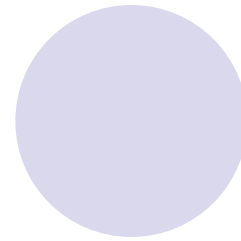
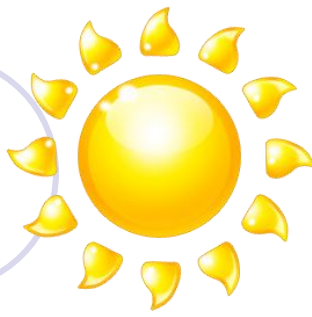
- Pureed meats, fish, eggs, dried beans/peas, lentils, tofu

2. Iron-fortified infant cereal:

- Choose single grain cereals first
- Check best before date – good for 30 days once open
- Feed with a small spoon, never in a bottle



VITAMIN D



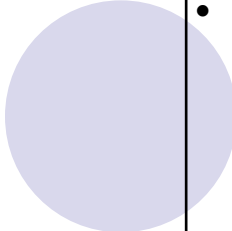
- Prevents 'Rickets', a painful bone disease
- **Health Canada recommendations:**
 - **Babies 0-12 months need 400 IU Vitamin D per day**
- Breastfed babies: Need Vitamin D (drops) every day
- Formula-fed babies:
 - Need drops if baby drinks less than one litre (32 oz) formula per day
 - Infant formula has 400 IU Vitamin D added per litre (32 oz) of formula



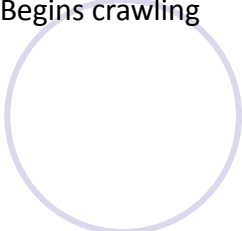
Developmental Skills Related To Eating Birth - One Year

Age Range	Gross Motor Skill	Fine Motor Skill	Oral Motor Skill	Translation to Eating Skills
Newborn- Four Months	<ul style="list-style-type: none"> • Newborn has poor head control • Emerging head control at 3-4 months 	<ul style="list-style-type: none"> • Able to bring hands to mouth, then brings toy to mouth 	<ul style="list-style-type: none"> • Coordinates sucking, swallowing & breathing 	<ul style="list-style-type: none"> • Roots for nipple • Breastfeeds, bottle feeds, or both
Five to Six Months	<ul style="list-style-type: none"> • Has good head control • Sits with support 	<ul style="list-style-type: none"> • Follows food with eyes • Uses whole hand to grab objects • Rake objects toward themselves • Passes objects from one hand to another • Able to turn head away, push spoon away to show fullness 	<ul style="list-style-type: none"> • Starts to achieve lip closure around spoon • Opens mouth when sees food coming • Able to move pureed food to back of mouth with tongue to swallow • Able to show fullness by spitting food out, clenching mouth shut 	<ul style="list-style-type: none"> • Swallows pureed food • Can drink liquid from open cup with help

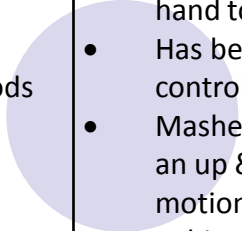
Seven to Eight Months



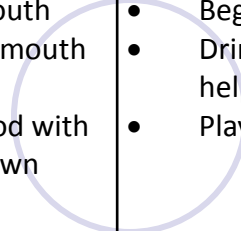
- Sits without support
- Begins crawling



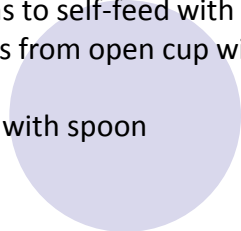
- Palmar grasp to pick up food
- Begins to recognize foods



- Scrapes food from hand to mouth
- Has better mouth control
- Mashes food with an up & down motion
- Achieves lip closure around spoon



- Eats lumpy and mashed foods
- Begins to self-feed with hands
- Drinks from open cup with help
- Plays with spoon



Nine to Twelve Months

- Easily sits alone
- Easily transfers objects from hand to mouth
- Can shake their head meaning "no"

- Perfects pincer grasp
- Points to foods they know or like
- Able to sign simple words like "more" or "milk"

- Starts to bite through different food textures
- Swallows with mouth closed
- Uses tongue to move food around mouth
- May say a few words

- Eats small pieces of food with fingers
- Drinks from open cup without spilling
- Tries to use spoon for feeding

Adapted from:

- Samour, P., Helm, K., & Lang, C., (1999). Handbook of Pediatric Nutrition Second Edition. Aspen Publishers Inc., p. 87.
- Castle, J. & Jacobsen, M., (2013). Fearless Feeding: How to Raise Healthy Eaters from High Chair to High School. Jossey-Bass Publishers., p. 38.
- Satter, E., (2000). Child of Mine , Feeding with Love and Good Sense. Bull Publishing Co., pp. 250-251

Sitting

- **Two-thirds of infants at age 4 – 6 months need support**
- **97% easily sit alone by age 9 – 11 months**



Just starting to feed solids - Tips

- Breastfeed before or after feeding solids at mealtime?
 - Whichever works best for you and baby!
- Feed baby while he/she is sitting in an up-right position
-
- Face baby
- Limit distraction - no toys, TV, cell phones
- Give a new food for 2-3 days before adding the next new food





Pay attention – if most of the food is coming back out, baby isn't ready

How baby can participate in mealtimes?

- Let baby sit with the family at mealtime - in a lap, booster seat or high chair.
- Offer baby spoons, cups, bowls and other baby-safe eating utensils to play with during mealtime.
- Give baby a small cup of expressed milk/formula/water. Your baby can entertain himself at mealtime while learning to use a cup.





More questions on solids...

- When in the day to offer ?

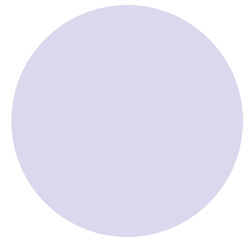
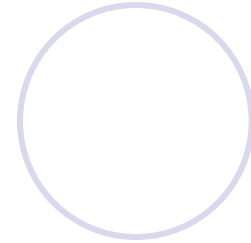
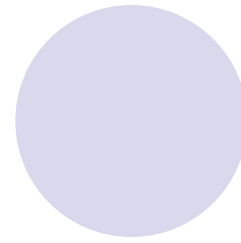
- Introduce a new food in the morning or earlier in the day.
- Eventually go from offering 1x/day to 3x/day

- How much to offer?

- Start with ~ 1 Tablespoon & slowly increase
- Follow baby's cues

- Which foods to introduce next?

True or False?

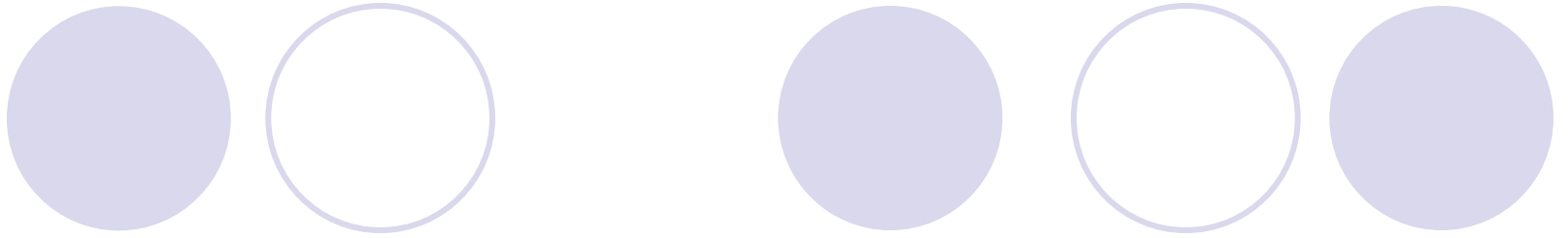


Baby gets to decide how much he/she eats of any food.





- refuse food by turning head away, clenching mouth shut, spitting food out, blocking food with hand, holding food in mouth
- copes well with pureed or mashed foods
- may show like and dislike for foods – gag or make face showing disgust



Important to Remember

- Trust & respect baby's signs of hunger/fullness
- Baby knows how much to eat
- Baby's appetite will vary
- Allow baby to be independent when he/she is ready

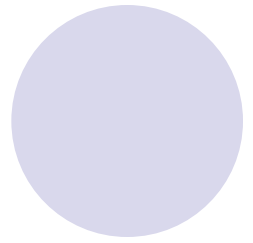
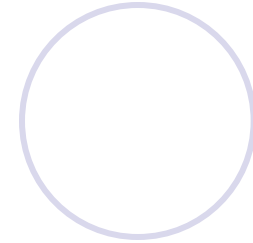
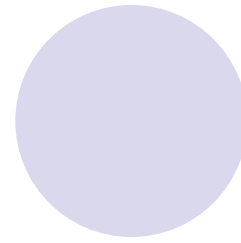
7 months – More Solids!

Add Vegetables and Fruits

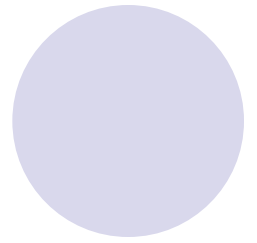
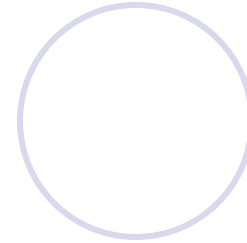
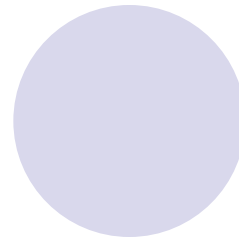
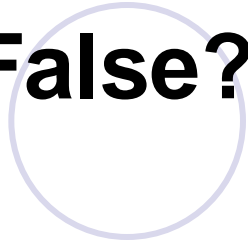
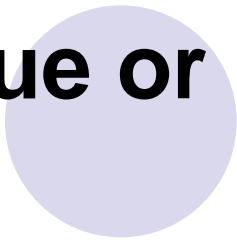


- Provides nutrients, colours, flavours, textures & variety
- Try one new vegetable or fruit at a time
- **Fruits or vegetables first?**
- **What about juice?**
- **Buying baby food jars**

Dairy Products??



True or False?



Baby's first foods are smooth and pureed.



MAKING BABY FOOD



Why?

- Less \$
- Tastes better
- Easy to control textures and provide more variety
- Baby can eat the same foods as the family
- No added salt, sugar or additives

Storage and reheating:

- Fridge: 1-2 days
- Freezer: up to 6 months
- Thaw in fridge or in sealed container in cold water and reheat thoroughly

CHANGING TEXTURES OF FOOD

6 - 7 Months

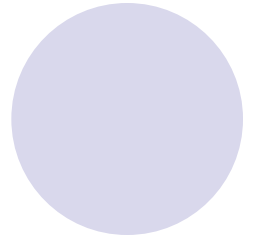
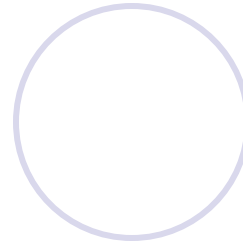
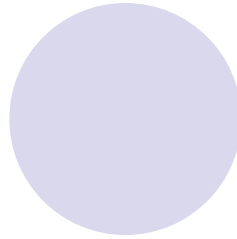
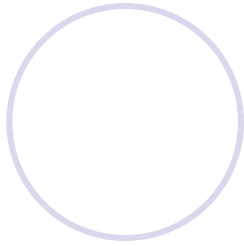
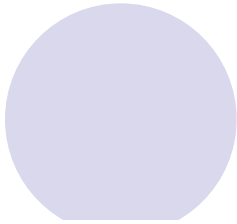


8 - 9 Months



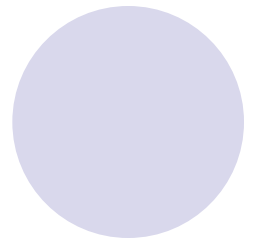
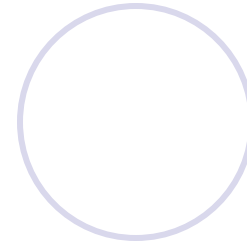
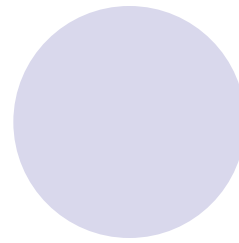
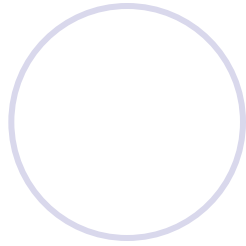
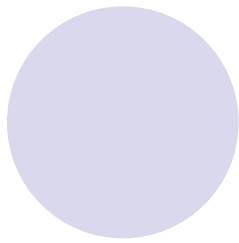
9 - 12 Months





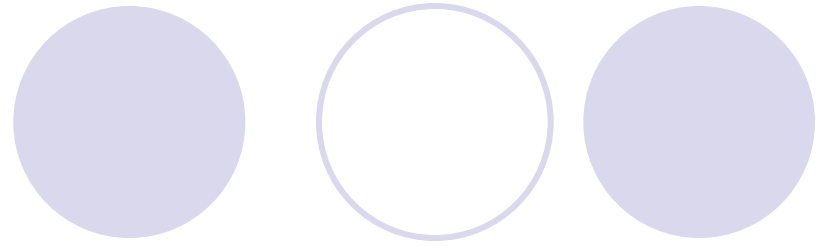
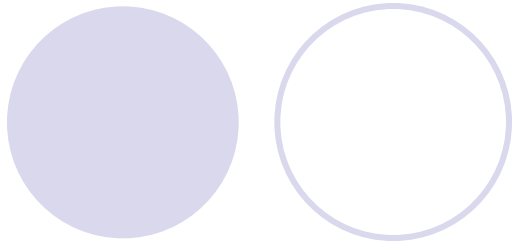
BABY BULLET



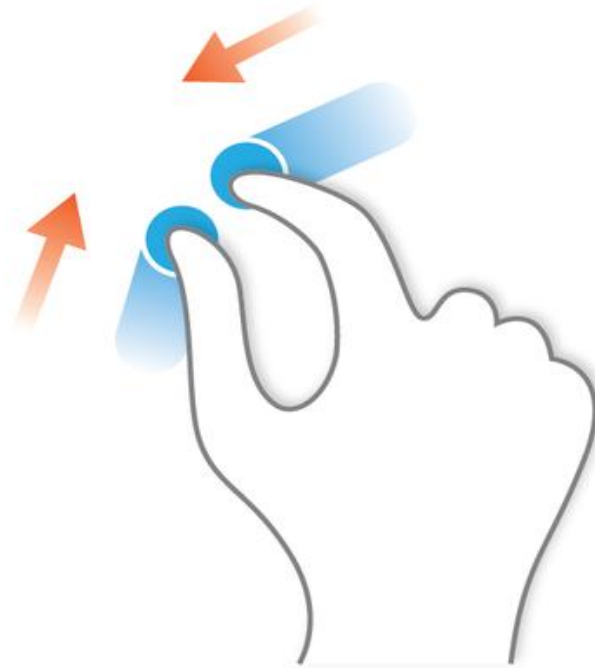


Palmar Grasp

- 7 – 8 months



Pincer grasp





Pincer Grasp

- holding food between thumb and pointer finger
- perfected at 9 – 12 months



7 - 9 Months

- **Begins to recognize familiar foods**
- **Points to food they know they like**



Drinking from Cups

- **Offer an open cup when baby is 6 months old**
- **There are lots of muscles involved with this and they may not perfect the skill until close to one year**



BABY MUM MUM





DESSERT

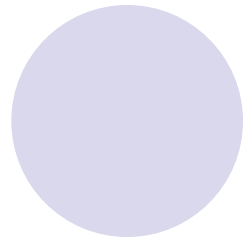
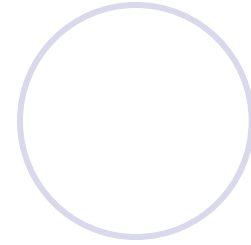
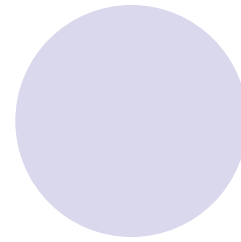


FOOD NETS

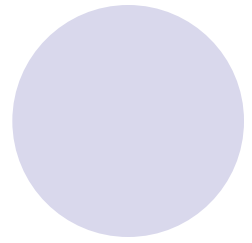
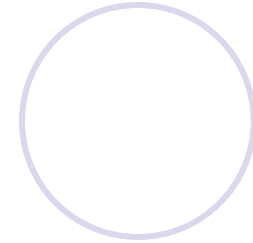
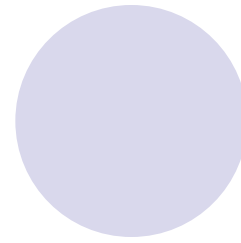




LIL' ENTREES DINNER TRAY



LIL' CRUNCHIES CORN SNACK



LIL' WHOOS SNACK CRACKERS



Baby-Led Weaning

The Essential Guide to
Introducing Solid Foods
and Helping Your Baby to Grow Up a
Happy and Confident Eater

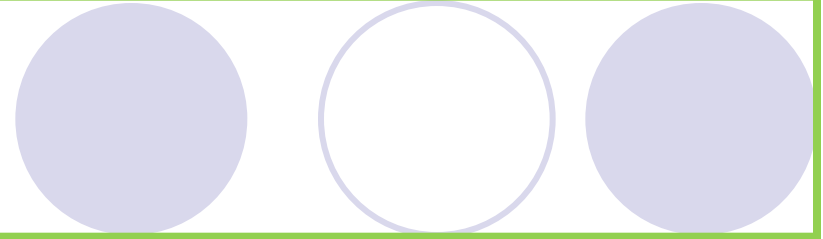


GILL RAPLEY and
TRACEY MURKETT





“Baby-Led Solids”



- Weaning means introduction of solids
- Healthy babies do not need to be spoon fed
“Being spoon fed by someone else means the baby is not in control of how much she eats.”
- *“Important that baby is not hungry when you sit them down to explore food, because in the early weeks of solids mealtimes have nothing to do with hunger; they are opportunities to learn rather than to actually eat – they are playtimes.”*

A COMPETENT EATER...



- Likes eating and feels good about it
- Enjoys family meals
- Can wait a few minutes to eat when hungry
- Goes by feelings of hunger and fullness to know how much to eat
- Enjoys many different foods
- Tries new foods and learns to like them
- Politely turns down foods he doesn't want
- Can be around new or strange foods without getting upset
- Can “make-do” with less-than-favorite food
- Has pretty good table manners
- Able to eat in places other than home

Accept normal eating behavior...

- Toddlers are erratic about eating
 - eat a lot one day, a little the next
 - only two or three foods
 - tire of even favorite foods
 - rarely eat a new food the first time

Feeding pressure backfires...

The title is centered at the top of the slide. It is flanked by five circles: a solid light purple circle on the far left, followed by a hollow light purple circle, a solid light purple circle, another hollow light purple circle, and a solid light purple circle on the far right.

- Getting children to eat certain foods
- Getting children to eat more or less
- Getting children to avoid certain foods

**90% of parents
pressure children to eat**

**50% of children have
feeding problems**



Most caregivers work too hard!

- Pressuring
- Rewarding
- Threatening
- Praising
- Short-order cooking
- Bribing
- Restricting
- Accommodating food requests



Satter's DIVISION OF RESPONSIBILITY

Parents' Responsibilities

- What foods are offered
- When food is offered
- Where food is offered (*no distractions!*)

Child's Responsibilities

- How much to eat (*as many servings as they like*)
- If they will eat (*they may choose not to eat*)

Do your jobs with feeding



- Have regular meals and snacks
- Choose and prepare food
- Make eating time pleasant
- Show the child what to learn
- Accept and support the child's growth

Trust the child to do his or her jobs with eating

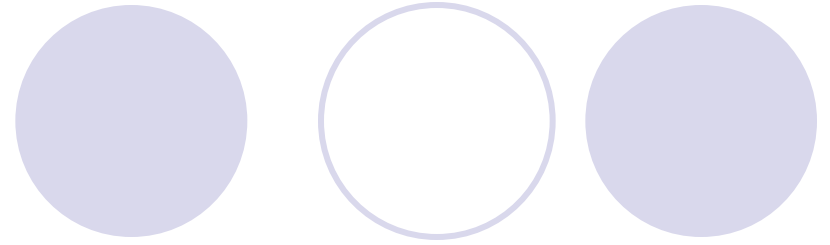
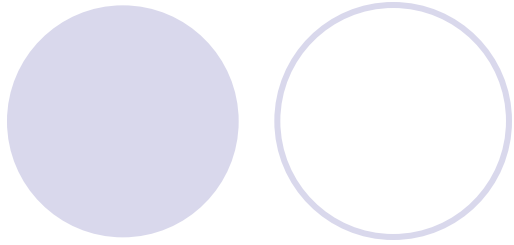


- Feel good about eating
- Learn to like unfamiliar food
- Eat the right amount to grow
- Enjoy family meals

Children with regular family meals do better!

- School performance
- School behavior
- Vocabulary
- Nutrition
- Developing a sense of belonging
- Less likely to smoke, use drugs, drink





Get the meal habit!

- Offer everyone the same meal
- Choose food *you* find rewarding
- Offer a number of foods
- Pair foods – familiar with unfamiliar
 - favorite with not-so-favorite



Offer structured sit-down snacks!

- Avoid grazing and food or drink handouts
- Time snacks so they don't interfere with meals
- Make snacks "little meals" with 2- 3 foods
- Include "forbidden" food



The Preschooler

If everything is going well:

- Feels good about eating
- Goes by feelings of hunger/fullness to eat as much or little as needs
- Is continuing to learn to eat foods you eat
- Knows how to behave at family meals and is comfortable there

SUCH A
PICKY EATER



Teaching a child to be picky

**SECRETS
OF FEEDING
A HEALTHY FAMILY**

How to Choose the Best Foods for Your Family



Ellyn Satter

**YOUR CHILD'S
WEIGHT
HELPING
WITHOUT
HARMING**

How to Feed Your Child Right to Stay Healthy



ELLYN SATTER

with Susan Daniels

**Child of
Mine**

Feeding Your Baby and Toddler Right



Ellyn Satter

with Susan Daniels

Teaching a child to eat too much or too little





**10 Things you Should Never Say to
Your Child About Food**
From Maryann Jacobsen's Blog

Click to **LOOK INSIDE!**

FEARLESS FEEDING



HOW TO RAISE HEALTHY EATERS
FROM HIGH CHAIR TO HIGH SCHOOL

JILL CASTLE
MARYANN JACOBSEN



FRESH PERSPECTIVE ON
FEEDING CHILDREN

**Maryann Jacobsen's
Blog**

"Raise Healthy Eaters"



Jill Castle's Blog
"Just the Right Byte"

“See, your (sister, brother, cousin, friend) is eating it, why don’t you?”

“You used to like *blueberries*...you are so picky!”

“For the last time, no, you cannot have ice cream!”

“You didn’t eat enough. Take a few more bites and then you can leave the table.”

**“If you eat some of your veggies,
you can have dessert.”**

“Good job!” (*after eating more than usual*)

“Eat this, it’s good for you.”

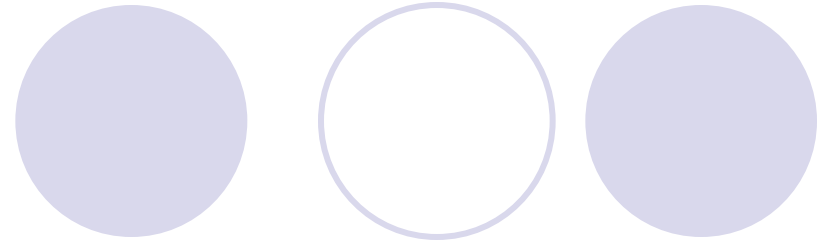
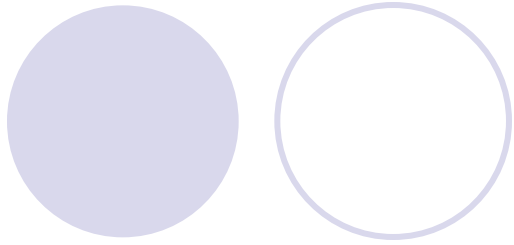
“If you’re good in the store, you can have a cookie,”

or

“If you don’t stop doing that, you won’t be getting ice cream tonight.”

“We don’t eat cake because it’s bad for you.”

“You don’t like dinner? Want me to make you something else?”



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● *How to Feed*

● *How to Eat*

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Free nutrition information for everyone

**Eating well can be a daily
challenge and you may
have questions.**

**Call to speak to a Registered
Dietitian right here in Manitoba
and get answers about
food and nutrition.**



 Provincial Health
CONTACT CENTRE
Consulatoire 24h

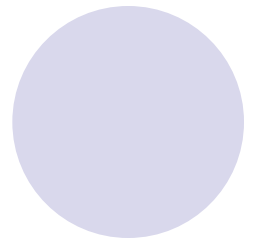
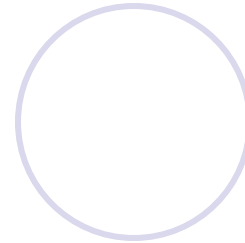
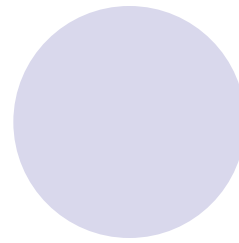
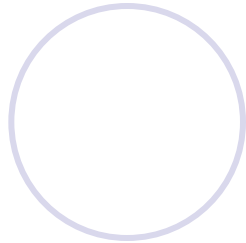
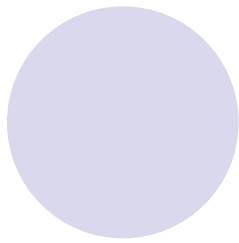
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EN MATIÈRE DE SANTÉ
L'agence de la santé

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Questions?