

# Illinois WIC Talk

## Next Foods: For the Older Infant

### Cover Page

#### Topic

- Participants will learn what foods to offer older infants, about the importance of weaning and dental health, and about family meal time.

#### Target Audience

- Parents of infants 6-12 months of age (recommended for a 9 month infant class).

#### Key Messages

- Breast milk (or formula) should continue to be offered
- You may begin to offer infant cereal and pureed or mashed fruits and vegetables
- Pureed or mashed protein foods can be offered once the child can sit and crawl
- Begin offering a cup when child can sit without support, increase how often as child gets older
- Some foods should not be given until 1 year

#### Handouts/Materials

- Feeding your baby (Birth to 12 months) (DHS order form [www.CHTC.org](http://www.CHTC.org)) (Optional)
- Next Foods (DHS order form [www.CHTC.org](http://www.CHTC.org))
- Time for a cup (DHS order form [www.CHTC.org](http://www.CHTC.org))
- Family Meals (DHS order form [www.CHTC.org](http://www.CHTC.org))

#### References/Resources

- *Infant Nutrition and Feeding: USDA*. pp 101-124. Complimentary Foods.
- IDPH Improving Women's and Children's Oral Health visual
- Incentives (if available): sippy cups, infant tooth brushes

#### Evaluation

- What is one thing you learned today about how to feed your baby?
- How do you feel about making a decision on how to feed your baby?

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### Topic Overview

The following summarizes open ended questions used during the group session that follows. These can also be used during individual education to facilitate the discussion around this topic. Offer handouts listed on the cover page.

**OPEN:** Emotion-based education starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

### Introductions

- **Icebreaker:**
- For example, "Grab Bag", page 3.

**DIG:** During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences, and get closer to the topic.

### Brief review of introduction to solids:

- **Why is it important for your baby's health to introduce solid foods?**

Offer learners handouts: *Feeding your baby (Birth to 12 months), Next Foods, Time for a Cup*

### **When your baby can sit and crawl, what foods can you offer your baby?**

1. What can you do to take care of your baby's smile?
2. How will you know your baby is ready for a cup?
3. What foods have you heard should not be offered until 1 year?

**CONNECT:** During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

### Offer learners handouts: *Family Meals*

### **When can your baby start being a part of family meals?**

1. What are some signs that let you know baby is ready to be part of family meals?
2. How will you make baby part of family meal times?
3. What kinds of foods can be offered?

**ACT:** During this "step" the facilitator helps the participants identify specific action steps and build confidence to help them be the parents they want to be.

- **What are your goals with feeding your baby?**
- **What have you heard about how WIC can help provide nutritious foods?**
- **What can you expect in the first few weeks?**
- **What is one thing you learned today about how to feed your baby?**
- **How do you feel about making a decision on how to feed your baby?**

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### Group Education

**OPEN:** Emotion-based education starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

### Introductions:

- **Introduce yourself**
  - State how long the session will be (should be less than 30 minutes)
- **Have participants introduce themselves and share**
  - Do you have a son or daughter?
  - What experiences have you had with feeding babies?
  - What fears or concerns do you have about introducing foods to your baby?

### Icebreaker:

- **Grab Bag:** In a bag place all or some of the following objects, picture of the objects or the word on a slip of paper: small cup(s), infant tooth brush(es), baby bottle tooth decay, picture of child sitting without support and/or crawling, age appropriate baby foods like cereal, soft fruits, vegetables, protein foods. You can even put things in the grab bag you know their baby cannot have to help facilitate conversation. Have the participant pick an object from that bag and say their name, their child's name, and what they know about the object.

**DIG:** During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences, and get closer to the topic.

### Brief review of introduction to solids:

#### **Why is it important for your baby's health to introduce solid foods?**

#### Sample Response:

As your baby grows, their nutritional needs grow so milk does not have everything they need for good brain and body growth. For example, milk does not have enough iron in it, which is a very important mineral during growth, especially for brain growth.

### Offer learners handouts: Feeding your baby (Birth to 12 months), Next Foods, Time for a Cup

#### **1. Is your baby sitting by his/herself and crawling?**

##### **If your baby can sit and crawl, what foods can you offer your baby?**

#### Sample Response:

The next foods after cereal, fruits, and vegetables are protein foods. Protein foods can be meats, beans, or egg yolks (at 8 months). Some sign your baby is ready for protein foods are crawling, using fingers to feed him/herself. Remember your baby still needs breastmilk (or formula) 3-5 times/day

#### **2. What can you do to take care of your baby's smile?**

#### Sample Response:

**Wean by 1 year.** Most liquids (including milk, juice, and formula) have sugars. When babies drink liquids with sugar from a bottle, it can be bad for their teeth because they tend to take frequent sips rather than drink it at one time, constantly bathing their teeth with sugar. They also

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tend to play with the bottle and fall asleep with it. **Brush your baby's teeth.** Healthy teeth start with healthy gums. If your baby does not have teeth yet, wipe the gums with a clean soft cloth. Once they have teeth, use a small soft brush. At 2 years you can start using a small amount of toothpaste.

#### 3. How do you know your baby is ready for a cup?

Sample Response:

If your baby is sitting without support and eating baby foods.

#### 4. What foods do you think should not be offered until 1 year?

Sample Response:

Honey, corn syrup, raw cow or goat's milk, undercooked eggs, poultry, meat, fish or home canned foods can contain harmful bacteria. Hot dogs, whole grapes, nuts, hard candy, corn, marshmallows, berries, raisins, popcorn and cookies can cause choking. Some foods are common allergens and introducing them too early increases the chances of your baby developing allergies. These are cow's milk, soy, peanuts, tree nuts, shellfish (shrimp, lobster, crab, oysters, clams, scallops, crawfish), cocoa, chocolate, and eggs (Egg yolk can be introduced to infants at 8 months, but egg whites and whole egg are not recommended until 1 year).

**CONNECT:** During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

Offer learners handouts: Family Meals

#### When can your baby become part of family meals, eating same foods as the rest of the family?

##### 1. What are some developmental cues that let you know baby is ready to be part of family meals?

Sample Responses:

If your baby is eating mashed or chopped foods and starting to feed themselves.

##### 2. How can make baby part of family meal times?

Sample Responses:

Put their highchair with the family at your table rather than in a separate place. Talk with others at the table and include your baby in conversation by responding to their babbling as if they are speaking rather than making them the center of attention. This will help them to develop speaking skills and they will learn to feed themselves. It will be messy and that is okay. That is how they learn. It might be hard, but avoid taking over too much.

##### 3. What kinds of foods can be offered?

Sample Responses:

Offer them the same foods that everyone else is eating, but chopped and mashed. Although it's important to give them a variety of textures, you can also continue to give older infants any pureed jarred baby food they like. Continue to give infants fruits like applesauce or pear sauce. You may want to add baby veggies like carrots and sweet potatoes to spaghetti sauce, meatloaf or cooked beans to add healthy nutrients (Vitamin A) and flavor.

#### What else is important to you when it comes to your baby's nutrition?

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### **Next Foods: For the Older Infant**

Share ideas of how feeding practices can fit into their life and families lives. Discuss ways to involve the whole family.

**ACT:** During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parents they want to be.

#### **What are your goals with feeding your baby?**

##### Sample Responses:

- Offer age-appropriate healthy foods at the appropriate times.
- Continue to breastfeed up to 1 year old while introducing foods.
- Wean from bottle to small cup

#### **What have you heard about how WIC can help provide nutritious foods?**

##### Sample Responses:

- WIC provides foods for infants up to age 1 and toddlers up to age 5
- Breastfed infants receive more foods when they turn 6 months old
- WIC foods provide vitamins, minerals, and nutrients essential for proper growth and development.

#### **What can you expect the first few weeks?**

##### Sample Responses:

Wait at least one week before introducing another new food to make sure no allergic reactions occur (diarrhea, rashes, vomiting, coughing, wheezing, general irritability, hives, stomach pain)

- Be aware of signs of hunger/fullness to avoid over-feeding your baby – let them control how much!

#### **What is one new thing you learned today about how to feed your baby?**

#### **How do you feel about making a decision on how to feed your baby?**

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**Self-Study Module**

**Procedure**

*Agencies must follow WIC policies for using SSM (see WIC PPM Nutrition Education for details)*

**Method**

1. Review together or instruct the participant to read the handout listed on Cover Page “Next Foods”, “Family Meals” and “Time for a Cup” and then complete the SSM “Older Infant’s Next Foods”
2. Ask participant if she would like to talk with a CHP about the information or if she has any questions.



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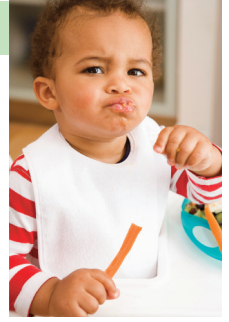
### Self - Study Module (SSM)

Name \_\_\_\_\_ Date \_\_\_\_\_

### 1. Review the handout: "Feeding Your Baby: Next Foods".

Mark "x" after every tip you would like to try next with your baby:

- I will offer cooked and mashed or pureed protein rich foods, like meats, egg yolks, beans, and lentils. (circle which one(s) you will offer).  
Write here if you plan to offer a different protein food:\_\_\_\_\_.
- I will add breast milk, formula or water to protein foods to make them smooth.
- I will offer cooked and mashed rice, barley, potatoes, noodles (circle which one(s) you will offer). Write here if you plan to offer a different grain:\_\_\_\_\_.
- I will try the following small finger foods \_\_\_\_\_.
- I will try the following new pureed or mashed fruit or vegetable \_\_\_\_\_.
- I will offer 4-8 ounces of water a day in a cup.
- I will not give baby foods with a high amount of sugars like lollipops, cake, cookies, and candy.



### 2. Review the handout: "Feeding Your Baby: Family Meals".



What is one goal you have to help your baby become a part of family meals?

\_\_\_\_\_

### 3. Review the handout: "Feeding Your Baby: Time for a Cup".

Mark "x" next to what you will do to make sure your baby has a healthy smile:

- I will start offering a cup when my baby can sit without support and is eating baby foods.
- I will offer the cup more than the bottle by 10 months.
- I will offer fluids in only a cup after 1 year.
- I will offer a cup at mealtimes when everyone else drinks from cups.
- Instead of the bottle I will offer healthy snacks between meals.
- When my baby's teeth come in, I will brush them with a soft tooth brush.



What is one goal you have for feeding your baby?

\_\_\_\_\_

Do you have any questions about your family's nutrition today?    Yes                  No

Would you like to talk to a Nutritionist today?                          Yes                  No





# Charlas Illinois WIC Sigüientes Alimentos Para el Bebé de Más Edad Módulo de Estudio Por Sí Mismo (SSM)

Nombre \_\_\_\_\_ Fecha \_\_\_\_\_

## 1. Revise el folleto: "Alimentar A Su Bebé: Sigüientes Alimentos".

Marque con una "x" cada consejo que le gustaría tratar con su bebé:

- Le ofreceré alimentos ricos en proteínas cocidos o en puré tales como carnes, yemas de huevos, frijoles o habichuelas, lentejas. (Circule los alimentos que ofrecerá).  
Escriba aquí otros alimentos ricos en proteínas que le gustaría ofrecer: \_\_\_\_\_.
- Agregaré leche materna, formula o agua a los alimentos ricos en proteínas para suavizarlos.
- Le ofreceré arroz, cebada, papas y fideos cocidos y en puré (circule los alimentos que ofrecerá).  
Escriba aquí otros granos que le gustaría ofrecer: \_\_\_\_\_.
- Le ofreceré los sigüientes alimentos que se pueden comer con los dedos \_\_\_\_\_.
- Trataré las sigüientes frutas o vegetales en puré \_\_\_\_\_.
- Le ofreceré de 4-8 onzas de agua en un vaso.
- No ofreceré a mi bebé alimentos con alto contenido de azúcar tales como paletas, pasteles o bizcochos, galletas y dulces.

## 2. Revise el folleto: "Alimentación de su Bebé: Comidas en Familias".



¿Cuál es su meta para ayudar a que su bebé comparta las comidas junto con la familia?

\_\_\_\_\_

## 3. Revise el folleto: "Alimentar a Su Bebé: Tiempo de Utilizar el vaso o taza".

Marque con una "x" lo que hará para que su bebé tenga una sonrisa saludable:

- Ofreceré un vaso o taza cuando el bebé se pueda sentar sin ayuda y esté comiendo alimentos para bebés.
- Le ofreceré un vaso o taza más frecuentemente que el biberón cuando cumpla los 10 meses.
- Le ofreceré los líquidos solamente en un vaso o taza después que cumpla el primer año de edad.
- Le ofreceré el vaso o taza durante las comidas cuando todos toman en vasos o tazas.
- En vez del biberón le ofreceré meriendas saludables entre las comidas.
- Cuando le salgan los primeros dientes a mi bebé, se los cepillaré con un cepillo suave.



¿Cuál es su meta para alimentar a su bebé?

\_\_\_\_\_

¿Tiene hoy alguna pregunta sobre la nutrición de su familia?      Sí              No

¿Le gustaría hablarle al nutricionista hoy?                      Sí              No

