

WIC Notes

Start the New Year Healthy

JANUARY, FEBRUARY AND
MARCH 2007



**How long do you want your baby to breastfeed or have the bottle?
How will you teach your baby to drink from the cup?
What do you do about breastfeeding when she starts on solid food?**

To start, feeding solid food helps you teach your baby to eat from the spoon. Nutritionally, her breastmilk or formula is more important than solid foods. Later, she will eat more solid foods and take less breastmilk or formula. Then the solid foods will be nutritionally more important.

Here is how you get from the nipple to the cup to the table:

1. At first, give the breastfeeding or formula-feeding before the solid foods. She will like the spoon best if she isn't hungry or wanting to nurse.
2. After she learns to eat cereal from the spoon, give half the nipple feeding, then the cereal, then offer more nursing. She might be full and not want it. As you add other new foods, do it part way through her nipple feeding.
3. Then start teaching her to use the cup. Offer her the last of her breastmilk or formula from the cup.
4. Give her finger food and then table food. Stop breastfeeding or giving bottles at meals when she loses interest. Instead, offer her sips of breastmilk or formula from the cup.
5. Give snacks at set times between meals and at bedtime. Those might be a breastfeeding or formula-feeding, but don't let her carry a bottle around. Soon she can eat grown-up snacks. Have her sit down to eat.
6. When she is eating table food meals *and* is a year or more old, give her whole pasteurized milk in her cup instead of formula.

Starting juice: Wait to start juice until your baby can drink from a cup. Give juice in a cup, not in the bottle. This is the time for starting to get off the bottle. Putting juice in the bottle keeps her on the bottle. It should be noted that sugary drinks such as kool-aid, soda or tea should not be placed in bottles or sippy cups to preserve your child's teeth. In addition, ingredients in tea inhibit iron absorption which increases the risk of iron deficiency. The caffeine in tea and soda may also cause calcium to be lost, making it harder to build tooth and bone strength.





Healthy eating starts with a positive parent-child partnership

Keeping in tune with your baby's eating cues now is key to how she'll relate to food in the future. Your responsibility is to offer a variety of nutritious choices—your child's responsibility is to decide what and how much to eat. You're partners in this learning adventure.

Some tips to remember:

Infants understand their bodies and their hunger right from the start. They

nurse until they're full and then stop. When your baby starts eating solid foods, watch for the same "I'm full!" or "This is new" cues. If she turns her head away from the spoon, covers her face with her hands, spits out familiar foods or pushes it away, it may be time to stop. Offer something to drink. If your baby still signals "I'm done", it's time to stop. Never force your child to clean her plate.

Don't use food as a reward for good behavior—this can set up a negative relationship with food. Instead use praise or hugs to reward behavior.

Offer a wide variety of foods that includes at least one that you know your child likes. Let her choose, but if she decides to eat nothing, respect her choice. She'll make up for the missed calories at the next meal or the next day.

Animal Crackers in My Soup

Kids love soup. It is warm and soft and you don't have to struggle with your fork and knife to eat it. Vegetable flavors mingle and mellow and taste less *vegetable*. You can eat it with crunchy crackers or chewy bread.

For parents, soup is simple to make, can be prepared ahead and frozen, and is a great way to use leftover vegetables. Have some tonight!



Tips for Serving Soup to Children

- Thin, drippy, brothy soups are difficult for children to eat without spilling. Add more dry milk, potatoes, pasta, rice or beans to thicken soups.
- Give children large, wide soup spoons.



A positive partnership with food starts with a positive partnership between you and your child.

Chicken Soup with Rice

The perfect meal to accompany a reading of Maurice Sendak's Chicken Soup with Rice: A Book of Months

Serves 8

- 2 teaspoons olive oil
 - 1 medium onion, chopped fine
 - 3 cloves garlic, minced
 - 8 cups low-sodium chicken broth
 - 1-1/2 cups diced carrots (about 4 medium carrots)
 - 1 large potato, peeled and diced (1 cup diced potato)
 - 1 cup diced tomato
 - 2 boneless, skinless chicken breasts, diced
 - 3/4 cup long-grain rice (white or brown)
 - 1/2 teaspoon dried thyme
 - salt and pepper to taste
1. Heat the olive oil in a large, heavy bottomed pot. Add the onion and sauté until translucent. Add the garlic and sauté a minute more.
 2. Pour in the broth and add the carrots, potato, and tomatoes. Bring to a boil and simmer about 5 minutes.
 3. Add the chicken, rice, and thyme. Bring to a simmer, cover and cook over medium-low heat until the rice is tender, about 20 minutes.
 4. Add salt and pepper and cook, uncovered, about 5 more minutes.



Alphabet Vegetable Soup serves 8

- 2 teaspoons olive oil
 - 1 medium onion, chopped fine
 - 2 cloves garlic, minced
 - 8 cups low-sodium chicken broth
 - 3 carrots, peeled and diced
 - 1 cup diced tomato
 - 2 cups cooked kidney beans (or 1 14-ounce can of beans)
 - 3/4 cup alphabet-shaped pasta
 - 1 cup peas
 - 1 teaspoon dried oregano
 - salt and pepper to taste
1. Heat the olive oil in a large, heavy bottom pot. Add the onion and sauté until brown. Add garlic and sauté a minute more.
 2. Pour in the broth and add the carrots and tomatoes. Bring to a boil and simmer for 15 minutes.
 3. Add the beans, pasta, peas and oregano. Simmer over medium-low heat until the pasta is tender, 10-15 minutes.
 4. Add salt and pepper to taste.

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