Infant nutrition

Gesund ins Leben
Netzwerk Junge Familie

Presentation boards for parent counselling

For midwives, paediatricians, gynaecologists, medical specialists, paediatric nurses and other specialists that assist young families in the area of healthcare.

© aid infodienst e. V. 2012

Imprint
3331/2012

Published by aid information service
Food, Agriculture, Consumer Protection
Heilsbachstraße 16
53123 Bonn
www.aid.de
with funding from the Federal Ministry
of Food and Agriculture
according to a decision of the German Federal Parliament.

Compiled by:
Monika Cremer, Idstein
Dr Sonja Floto-Stammen, Geldern
Dr Brigitte Borrmann, University of Osnabrück
Barbara Dohmen, Biebergmünd
Edith Gätjen, Bergisch-Gladbach
Ines Gellhaus, University of Paderborn
Andrea Krieger-Möller, University of Osnabrück
Andrea Möllmann, Gesundheit Berlin-Brandenburg e.V.

Technical consultants:
Prof Carl-Peter Bauer, Kinderfachklinik Gaißach
Prof Claudia Hellmers, German Society of Midwifery Science
Prof Mathilde Kersting, Institute of Child Nutrition
Prof Berthold Koletzko, German Society of Pediatrics and Adolescent Medicine
Prof Michael Krawinkel, German Nutrition Society
Prof Hildegard Przyrembel, Berlin
Prof Torsten Schäfer, Immenstadt
Prof Klaus Vetter, National Breastfeeding Committee at the Federal Institute for Risk Assessment
Prof Ulrich Wahn, Charité – Universitätsmedizin Berlin
Dr Anke Weißenborn, Federal Institute for Risk Assessment
PD Dr Achim Wöckel, German Society of Obstetrics and Gynaecology

Editing:
Maria Flothkötter, aid
Julia Bonfig, aid

Images:
Folders/inside covers: Vojtech Vlk (fotolia); E1/E2/E8/E23: from the left: Oscar Brunet, foun, Monkey Business (fotolia); E3: Joelle M, Oscar Brunet, id-foto-de, Elena kouptsova-vasi, helix (fotolia); E4: Ilka Burckhardt, Corbis, Claudia Paulussen, Nicole Effinger, mitgirl (fotolia); JBryson (istock); E5: Hannes Eichinger (fotolia); E6: m.schuckart, mitgirl (fotolia); berres-stenzel.de, Klaus Arras; E7: ant236, Petro Feketa (fotolia); Peter Meyer (aid); E9: Peter Meyer (aid), colourbox, Vojtech Vlk (fotolia); E10: Klaus Arras; E11: Tomboy2290 (fotolia), Klaus Arras, Peter Meyer (aid); E12: silencefoto, Tomboy2290, Dirk Schumann, Denis Dryashkin, akf, matka_Wariatka (fotolia); edgardr (istock); Klaus Arras; F12: Alexstar (fotolia); E13: Klaus Arras; sborisov (fotolia); E14: berres-stenzel.de; Tomboy2290, Denis Dyashkin (fotolia); E15: Denys Kurbatov, Elena Schweitzer, Dirk Schumann, unpict (fotolia); Klaus Arras; E16: Klaus Arras; Robert Kneschke (fotolia); E17: berres-stenzel.de; Elena Schweitzer (fotolia); Klaus Arras; E18: Carmen Steiner, Elenathewise, Dirk Schumann, Flashon Studio, unpict, akf (fotolia); Klaus Arras; E19: Klaus Arras; Serhiy Kobyakov (fotolia); E20: berres-stenzel.de; unpict (fotolia); E21: Carmen Steiner, Fwed, Andre Bonn (fotolia); E22: Nicole Effinger, Africa Studio, M.R. Swadzba, ant236, Dron, babimu, DLeonis (fotolia); F22: Dron (fotolia); E24: Strandperle; E25: Elena Schweitzer, Sebalos, Cpro, HL Photo, Foodlovers (fotolia); Klaus Arras; E26: BlueOrange Studio, Dirk Schumann (fotolia); colourbox; E27: Blend Images, Anatoliy Samara, lisalucia (fotolia); II: Yuri Arcurs (fotolia)

Artwork:
www.berres-stenzel.de

Reprints and duplication – also excerpts – or distribution with supplements, overprints or labels only with the permission of aid.

ISBN 978-3-830-81032-2

© aid infodienst e. V. 2012

Contents

	Page
Information for users	I
Eating and drinking in the first 12 months	1
Only milk to start with	2
Breastfeeding is worth it	3
Each child is unique, also in how they eat	4
What kind of milk if breastfeeding is not possible?	5
How to prepare formula	6
Kicking and feeling	7
Introducing baby food	8
Ready for baby food	9
What's on the spoon?	10
Starting with the spoon	11
Ingredients for vegetable-potato-meat baby food	12
The easy guide to making vegetable-potato-meat baby food	13
Buying ready-made vegetable-potato-meat baby food	14
Ingredients for milk-cereal baby food	15
The easy guide to making milk-cereal baby food	16
Buying ready-made milk-cereal baby food	17
Ingredients for cereal-fruit baby food	18
The easy guide to making cereal-fruit baby food	19
Buying ready-made cereal-fruit baby food	20
Quenching thirst – what with?	21
Crawling, sliding, walking	22
Good bye to baby food	23
From a baby to a young child – how the diet changes	24
From baby food to eating with the family	25
Mealtime rules for the whole family	26
Climbing, jumping, running	27
Advice and assistance – useful addresses	II

Information for users

Parents naturally want their children to have a healthy start in life. However, they are bombarded with endless advice in terms of the best methods, and quite a bit of it is contradictory. Sensitive, competent and practical counselling is called for here. The network 'Healthy Start – Young Family Network' has conceived of this presentation folder to help experts provide advice in this area. The network is a project within the National Action Plan IN FORM, the national initiative to promote healthy diets and physical activity, which is funded by the Federal Ministry of Food and Agriculture.

The topic: This presentation focuses on diet in the first 12 months of a baby's life, and the three phases they comprise. It also deals with aspects of preventing allergies. Some parents are insufficiently aware of just how important the topic of physical activity is for the healthy development of a baby during its first 12 months. This is why each phase of nutrition during the first year has its own physical activity presentation board.

The basis: The uniform, consensual recommendations for action issued by the national network 'Healthy Start – Young Family Network' form the basis of these presentation boards. All the relevant specialist societies, institutions and associations support these recommendations.

The complementary feeding recommendations follow the diet plan issued by the Institute of Child Nutrition, Dortmund (source: Institute of Child Nutrition. Recommendations for feeding infants. Dortmund, FKE, 2011).

Suitable for: The presentation boards are suitable for use when counselling small families or individual persons, for instance during individual sessions with midwives, in parent courses, in pregnancy counselling centres or during check-ups by a paediatrician.
The statements and recommendations contained on the presentation boards apply to healthy, full-term infants.

Flexible and versatile: It is not necessary to use all of the presentation boards every time. Which of them, and how many, are used depends entirely on the age of the babies and on the available time. For instance, the green presentation boards on the 'only milk' phase can be discussed during one of the newborn baby's first check-ups. The presentation boards 14, 17 and 20 are suitable if parents are seeking specific information on ready-made baby food.

A colour coding system for the three phases of nutrition in the first 12 months provides orientation.

Green – 1st phase:
Babies need nothing other than **mother's milk** (or industrially manufactured formula) during their first three months.

Orange – 2nd phase:
Baby food gradually introduces other types of food to the baby's diet. But **breastfeeding** continues nonetheless.

Red – 3rd phase:
Baby food gradually makes way for **family meals** towards the end of the first 12 months. The mother and child can continue to breastfeed for as long as they like.

© aid infodienst e. V. 2012

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

One side for parents, the other for specialists.

The different pages for the parents and the specialists are arranged in such a way that they both see 'their' side at the same time.
This is why the sequence of the presentation boards cannot be changed.

Parents' side

Simple, clear messages for everyday family routines.

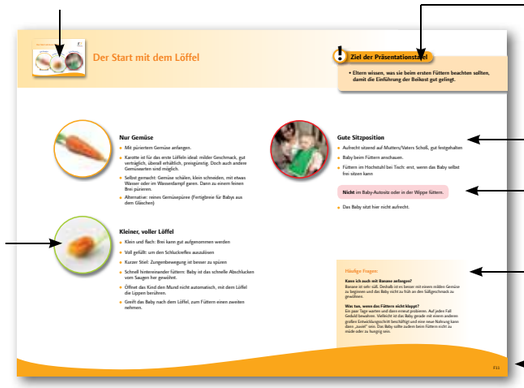
Practical diagrams with self-explanatory pictures
- The content is immediately comprehensible
- The boards are also suitable for counselling parents with limited knowledge of the English language

Numbering of the parents' pages

Specialists' side

Thumbnail of the parents' page

States clearly the aims that are to be achieved by explaining the boards.



Background information to assist with explaining the messages contained in each detailed diagram on the parents' page.

Points requiring particular attention

Detailed diagram on the parents' side is used as a starting point for the counselling session.

Concise and practical answers to frequently asked questions

Numbering of the specialists' pages

Eating and drinking during the first 12 months

Gesund ins Leben
Netzwerk Junge Familie

Only milk

Continuing to breastfeed + baby food

Family meals

Month 1 2 3 4 5 6 7 8 9 10 11 12 13

© aid infodienst e. V. 2012

Eating and drinking during the first 12 months

Aim of the presentation board

- **Parents are aware of how their baby's diet will develop over the first 12 months (3 phases).**
- **Parents know that the transitional phases are not rigid.**

Only milk

- Mother's milk is best for babies. It has all a baby needs during the first few months of life.
- Mothers that do not breastfeed will need to give their babies industrially produced baby formula. Other types of food are not suitable.
- For how long?
  - this depends on the baby's maturity/development
  - at least until the start of the 5th month
  - but no longer than until the start of the 7th month

Continue to breastfeed + baby food

- Baby food is added to the meal plan (complementary food). The baby continues to receive a substantial portion of its food through breastfeeding. Mothers who do not breastfeed will continue to give their babies industrially manufactured formula.
- There is no definite time at which complementary food (baby food) should be added to the diet:
  - earliest date: the start of the 5th month (not mandatory)
  - latest date: the start of the 7th month
  - the baby must be sufficiently mature to take the spoon.
- For how long?
  - roughly until the end of the first 12 months
  - depending on the baby. Some babies continue to receive baby food beyond the first year of life.

Family meals

- The food gradually contains larger pieces. Family meals, cut into small pieces, start to replace baby food.
- When?
  - towards the end of the first 12 months
  - depending on the baby. Some babies start eating solid food earlier, while others take longer.
- The mother and the child decide whether and how often they breastfeed in addition to family meals.

© aid infodienst e. V. 2012

Only milk to start with

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

Only milk

Month 1 2 3 4 5 6

Continuing to breastfeed + baby food

7 8 9 10

Family meals

11 12 13

© aid infodienst e. V. 2012

Only milk to start with

Aim of the presentation board

- **Parents are aware that they must exclusively breastfeed (or provide industrially manufactured formula) until at least the start of the 5th month, and no longer than until the start of the 7th month.**

Only milk

- Mother's milk is best.
- Mothers that do not breastfeed will need to give their babies industrially produced formula.
- Mother's milk (or industrially manufactured formula) is enough **on its own** to feed the baby
  - at least until the start of the 5th month
  - no longer than until the start of the 7th month
- Frequent meals are normal during the first few weeks (e.g. breastfeeding 10 to 12 times in 24 hours).
  Reason: babies receive round-the-clock supplies of food in the womb. This is why they now need to develop their own feeding rhythm.

Frequently asked question:

How long should I continue breastfeeding to help prevent allergies?
The recommendations are the same for all infants. A baby whose parents or siblings suffer, or have suffered from allergies should be breastfed until at least the start of the 5th month. Complementary food begins between the start of the 5th month and the start of the 7th month. Breastfeeding can continue in addition to complementary food. There is no benefit in delaying the start of baby food.

© aid infodienst e. V. 2012

Breastfeeding is worth it

Gesund ins Leben
Netzwerk Junge Familie

Always plenty to go round

Intimate and safe

Things stay cosy at night

Everything you need, wherever you are

... and apart from that it's free!

© aid infodienst e. V. 2012

Breastfeeding is worth it

Aim of the presentation board

- Parents are motivated to continue breastfeeding.
- Parents are confident that in most cases sufficient milk will be produced to feed the baby.

Bonus points for breastfeeding

Breastfeeding is good for the health of the mother and the baby. What's more, it has plenty of practical benefits and makes family life easier. But parents may still be anxious (e.g. whether there will be enough milk). Midwives and lactation coaches can help answer any questions if there are any problems breastfeeding (See Advice & Assistance on Page II for addresses).

Always plenty to go round

- Mothers will have no trouble producing the regular volume of milk that the baby needs (usually for twins as well).
- Nurse whenever the baby likes: The quantity of milk will increase as the baby grows. Breastfeed the baby more frequently during growth spurts. This stimulates milk production. Babies do **not** need an extra bottle.

Intimate and safe

- Nursing creates a sense of security and basic trust. It strengthens the mother-child relationship.

Things stay cosy at night

- Night-time meals are normal and necessary. The baby needs to develop its own rhythm. It received round-the-clock supplies in the womb.
- Nothing could be easier than nursing in bed. You don't even need to get up if the baby sleeps directly adjacent in a cot.
- It takes time to prepare a bottle. But mothers always have their milk right on hand.

... and apart from that it's free!

- Not only does breastfeeding save on the cost of industrially manufactured formula, but also for bottles, nipples, electricity to prepare the formula, cleaning, and on the travel expenses to buy provisions.

Everything you need, wherever you are

- Bottles, formula and hot water are no longer needed.
- A safer way to travel: a mother's milk is hygienically packaged.

Frequently asked questions:

Do bottle babies sleep better at night?
No. Babies do not feel any fuller after drinking industrially manufactured formula. Bottle babies need to find their own mealtime rhythm as well. They do not sleep better, or fall asleep faster, than babies that are breastfed. Babies experience far more frequent phases of light sleep compared with adults. That is why they are more prone to waking up when hunger calls. Adults tend to sleep through their hunger.

Breastfeeding at work – how?
The German Maternity Protection Act [MSchG] states clearly that breastfeeding mothers are entitled to additional breaks: at least 2 x 30 minutes per day. They can nurse their children at their place of work, drive home to breastfeed, or pump off the milk they need. The best procedure is to discuss the matter in good time with the employer to find an ideal solution.

© aid infodienst e. V. 2012

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

Each child is unique, also in how they eat

I need mummy, right up close

I'm not always hungry in the same way

Yes, I've had enough

© aid infodienst e. V. 2012

Each child is unique, also in how they eat

Aim of the presentation board

- **Parents are aware that each baby – no matter whether it is breastfed or receives industrially manufactured formula – has its own feeding rhythm.**
- **Parents trust the signals their baby provides regarding when it is full, and when it is hungry.**

‘Little glutton’ or ‘as picky as a chicken’

All parents want their children to develop well and be happy. They are frequently concerned whether their baby is drinking enough. But the question of how much ‘enough’ actually is can vary greatly, just like the development of their child.

I need mummy, right up close

- Babies are not always hungry when they cry. That is why nursing (feeding) is not always the right thing to do.
- Pay attention to other signs of hunger as well: the baby may turn its head this way and that, smack its lips, or stick its fist in its mouth …
- Crying can also mean: I’m tired. The baby needs to develop its own rhythm for sleeping as well.
- Crying can also mean: I need you close to me; a new nappy; I want to cuddle; I’ve had enough …
- Stay calm when the baby cries, and learn to interpret the signals correctly.

I’m not always hungry in the same way

- Babies are unique in how frequently they want to be nursed and how much time there is between mealtimes.
- Rule of thumb: around 2 to 4 hours between breastfeeding during the day.
- The baby will need more food during growth spurts (around 10th day of life, 6th week, 3rd/4th month). It will require feeding more often in these phases.

Yes, I’ve had enough to eat

- The amount of milk that a baby wants, and for how long it will nurse, can vary: Some babies are full after 3 to 5 minutes, while others take substantially longer.
- A healthy baby knows when it is full, and will not be shy to show it: the baby lets go of the nipple or spits out the bottle, stops visibly swallowing, or dozes off …
- The baby must be allowed to trust its own body signals. Therefore: accept the signs that the baby is full.
- Pay attention to the total amount the baby has taken if you have any doubts: a baby that drinks more at night will take less during the day.
- Sickness or phases of rapid development can influence feeding quantities.
- The main criterion for ‘having had enough’: the baby is doing well (is satisfied, alert, experiences weight gain, four to six wet nappies per day …). Consult with your paediatrician or midwife if you have any questions.

Frequently asked questions:

The baby never or rarely shows signs of hunger – what should I do?
Mothers should try to feed babies that rarely ask for the breast or the bottle no later than four hours after the last meal. But parents should not be concerned, as long as the child continues to grow and do well. All the same, it is worth mentioning this aspect to the paediatrician, who may wish to look into possible causes.

The baby cries a lot – what should I do?
Try and stay calm. It is normal for babies to suddenly start screaming during the early phase of life. This will continue until it has found its own rhythm. Some babies need ‘support’ in the form of particularly clear day-to-day structures, regular rest periods and protection from excitement and stimuli. Ask your friends and family for support to take a break before your nerves are entirely shattered. You can also seek help from a counselling centre, for instance a childcare clinic or your paediatrician. There may also be a ‘crying unit’ close by (see under Advice and Assistance, Page II).

© aid infodienst e. V. 2012

What kind of milk if breastfeeding is not possible?

Gesund ins Leben
Netzwerk Junge Familie

In case of allergies in the family

© aid infodienst e. V. 2012

What kind of milk if breastfeeding is not possible?

Note:
Only discuss if the mother does not breastfeed.

Aim of the presentation board

- **Parents are aware that babies that are not breastfed may only receive industrially prepared infant formula.**
- **Parents are aware that HA formula should only be given if there is an elevated risk of allergies.**

Do not produce your own formula, no matter which ingredients you use!

Industrially manufactured formula (for infants or older babies) is the only type of food

PRE and 1 – infant formula

- PRE and 1 are not just suitable at the start, but **throughout the entire first 12 months.**
- They are often called the ‘first milk’.
- There is a slight difference between PRE and 1 formulas:
  - PRE contains only lactose as the carbohydrate component – just like mother’s milk.
  - 1 contains lactose and starch as the carbohydrate component.
- Feed infant formula whenever necessary: as often as the baby is hungry and as much as it likes.
- Also pay attention to other signs that the baby is full: the baby spits out the nipple or dozes off, or does not show any visible signs of swallowing. In this case, do not encourage the child to continue feeding.

HA

- Industrially manufactured HA infant formula is only given to babies that are not breastfed, and whose parents or siblings suffer, or have suffered from allergies (= elevated risk of allergies).
- HA means hypoallergenic (does not trigger allergies).
- In this case, select HA infant formula – HA-PRE or HA-1.
- Feed HA infant formula until complementary food is added to the diet. Once this has happened, the mother can switch to ‘normal’ industrially manufactured infant formula.
- The following are **not** suitable to help prevent allergies: infant formula based on soy protein, goat, horse or other animal milk.

Follow-on formula

- Is superfluous: babies that receive infant formula (PRE or 1) plus baby food in the 7th to 12th months of their lives have everything they need.
- Follow-on formula is not suitable as an exclusive source of food.
- It may only be given once the child has already started receiving baby food.
- It is often also called ‘follow-on milk’.
- Follow-on formula contains more starch, more sweetener, and sometimes even added flavouring. This may make it more difficult to switch to normal cow’s milk or milk beverages later on.

Frequently asked questions:

Which milk should be provided in case of an allergy to cow’s milk?
If a paediatrician has diagnosed an allergy to cow’s milk, a baby that is not breastfed will need a special hydrolysate formula from the pharmacy. In this formula, the protein is split up into microscopic components that are not allergenic. The protein is also split in HA formula, but not as much as in hydrolysate formula. This is why babies with an allergy to cow’s milk must not be given HA formula.

Special milks in case of spitting and flatulence?
Normally, they are unnecessary. In most cases there will be a simple solution (e.g. feeding upright, carrying for a while, taking time to burp, gentle tummy massage). Consulting the paediatrician or midwife is bound to help. This is also a good opportunity to find out whether a special diet is needed. Do not make this decision yourself.

© aid infodienst e. V. 2012

How to prepare formula

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

Prepare fresh

Dose precisely

Throw away leftovers

© aid infodienst e. V. 2012

How to prepare formula

Note:
Only discuss if the mother does not breastfeed.

Aim of the presentation board

- **Parents are aware that industrially manufactured infant formula must be freshly prepared for each meal.**
- **Parents know what they need to pay attention to during preparation.**

Always make sure the formula is freshly prepared

Infant or follow-on formula left standing around are perfect places for bacteria to multiply.

Prepare fresh

- Tap water is perfectly fine.
- Leave to run until it is cold.
- **Do not** take hot water from the tap.
- **Do not** use water from filter systems or lead pipes.
  (Ask your landlord what the drinking water pipes are made of).
- Only take water from a private water supply (wells) if the drinking water quality has been tested.

Dose precisely

- Use exactly the amounts stated on the packaging.
- Fill the spoon loosely with powder, and use a knife to level the amount.
- Seal the package tight after use; the powder must remain dry.

Throw away leftovers

- Do **not** keep leftovers warm or reheat them.
- Leftovers are great places for bacteria to multiply.

For on the go

- What to pack: boiled water in a clean and sealed thermos flask; a measured quantity of powder in the dry bottle

Attention: risk of scalding!
- Only mix bottled milk in lukewarm water (max. 40 °C).
- Only handle hot water outside of the reach of children.

Frequently asked questions:

Do I need to boil the bottles?
Not necessarily. It is not a question of making the bottle sterile. Instead it is important to prevent the accumulation of bacteria that may cause illness. Thoroughly clean the bottle and the nipple in hot soapy water after each meal (use a brush for the bottle). Rinse in clear water. Then dry. Or: Clean in the dishwasher. Occasionally boil the rubber nipple.

What should I do if the pipes are made of lead?
Use packaged water labelled with 'Suitable for preparing infant formula'.

© aid infodienst e. V. 2012

Kicking and feeling

Gesund ins Leben
Netzwerk Junge Familie

I love lying awake on my tummy

Let me go outside

I really enjoy the airplane position

© aid infodienst e. V. 2012

Kicking and feeling

Aim of the presentation board

- **Parents are aware that their babies possess a natural urge to move.**
- **Parents make sure that their babies have space to move freely.**

Discovering their own bodies and promoting brain development

Babies become aware of who they are by moving, which trains their senses and perception. Movement also helps the brain to develop.

I love lying awake on my tummy

- Lying on the play rug gives babies a sense of freedom.
- When **awake**, place the baby lying on its tummy as often as possible; this is a great way to strengthen important muscle groups.
- Take time to caress your baby and to let it kick when changing the nappy.
- The baby finds it easiest to move when it is naked (provided the temperatures are suitable) or wearing loose clothing.

Let me go outside

- Fresh air provides plenty of oxygen. Sunlight stimulates the production of vitamin D in the skin.
- Go out in the fresh air every day. Include this aspect in your daily routines early on; that way the baby will become accustomed to the feeling.

I really enjoy the airplane position

- Secure in the airplane position: Carry your baby cradled by your forearm, lying on its tummy; its head points toward your elbow. This supports the torso.
- This position helps the muscles in the back become stronger, and also promotes a sense of balance.
- The baby's position lying on your arm gives a gentle sensation of being massaged, which calms the tummy and helps get that pesky 'air' out.

By car in the baby seat – but only there

- It is essential to have an infant carrier car seat to transport the baby safely by car.
- But take a buggy with a flat lying surface when going out on foot.
- At home: place the baby on the play rug.
- **The car seat and the rocker are not 'storage spaces'**. They severely inhibit the child's freedom to move, and therefore its development. Do not leave the child in the infant carrier for longer than necessary when travelling by car.

Frequently asked question:

Should babies only sleep lying on their backs?
Yes. The risk of sudden infant death syndrome is reduced if the baby always – from the very first day – sleeps on its back. This applies just as much to sleeping during the day! Place the baby frequently on its tummy when it is awake, as this will promote good physical development.

© aid infodienst e. V. 2012

Introducing baby food

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

Month 1 2 3 4

Continue to breastfeed + baby food

5 6 7 8 9 10 11 12 13

Family meals

© aid infodienst e. V. 2012

Introducing baby food

Aim of the presentation board

- **Parents are aware of the time frame in which to add complementary food.**
- **Parents are aware of the importance of continued breastfeeding.**

What's on the spoon?

- Do not add baby food until the start of the 5th month. On no account should you begin earlier (the digestive system needs to be ready).
- This applies to baby food you prepare yourself, and also to baby food you buy ready-made in a jar.
- Begin no later than at the start of the 7th month.
- The precise starting date depends on the baby's development/ maturity.

Continue to breastfeed

- **Breastfeeding continues.** The baby continues to satisfy much of its hunger with mother's milk (it will receive industrially manufactured formula if it is not breastfed).
- The baby feels secure when it is nursed, especially if new things are arriving on the meal plan. This is why it is important to continue breastfeeding when baby food is added. Nursing promotes the child's tolerance of new foods
- The size and variety of meals featuring baby food will rise in the following months. At the same time, the number of meals the child receives in the form of breast milk falls.

Frequently asked question:

How many times should I breastfeed once my baby has started eating all the different types of baby food?
The baby needs to be breastfed around one to two times once it has started eating three types of baby food (in the morning and in-between, or early in the morning and at night). However, some babies may need to be nursed more frequently.

© aid infodienst e. V. 2012

Ready for baby food

Gesund ins Leben
Netzwerk Junge Familie

Month 5 | 6 | 7

I can keep my head upright

I want your food, too

I can eat from a spoon

© aid infodienst e. V. 2012

Ready for baby food

Aim of the presentation board

- Parents are familiar with the signals their baby provides to start introducing baby food.

Month 5 | 6 | 7

Introducing baby food: between the start of the 5th and the start of the 7th month. No earlier.

I can keep my head upright

- The child needs to have acquired this skill before it can start eating from a spoon.
- The baby is able to keep its head and neck upright by itself when held in the lap and on the arm of its mother/father.

I can eat from a spoon

- The baby opens its mouth when the spoon approaches.
- The baby does not use its tongue to press the baby food back out again.

Additional sign: the baby demands to be nursed more frequently and shows greater appetite.

I want your food, too

- The baby may be curious, or it may not.
- The baby sticks the spoon in its mouth.
- The baby gazes inquisitively while its parents are eating.
- The baby demands things that other people at the table are eating.

Frequently asked question:

No interest in food – what needs to be done?
Above all: give the baby time. The baby does not need to be given complementary food before the start of the 7th month if it does not show any interest. The first spoon must be offered in the 7th month to 'test' the baby's interest. You can also offer a daub of food on your finger. Eat together, but do not force the issue. Consult with your paediatrician if your child refuses to try the baby food, even in the 7th month.

© aid infodienst e. V. 2012

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

What's on the spoon?

Month 5 | 6 | 7 | 8 | 9

Vegetable-potato-meat baby food

+

Milk-cereal baby food

+

Cereal-fruit baby food

© aid infodienst e. V. 2012

What's on the spoon?

The recommendations* for baby food are the same for all children. Children with an elevated risk of allergies, i.e. babies whose parents or siblings suffer or suffered from allergies, can all also eat the same things. The sequence applies to baby food you prepare yourself, and also to baby food you buy ready-made in a jar.**

Aim of the presentation board

- **Parents are familiar with the three different types of baby food and the sequence in which they are introduced.**
- **Parents are aware that the sequence applied to baby food they prepare themselves is the same as for baby food bought in a jar.**

The first type of baby food: the main ingredients are vegetables, potato and meat

- No earlier than the start of the 5th month, and no later than the start of the 7th month
- Gradually 'build up' the types of baby food: try out the first spoon with puréed vegetables, and then add potato. Meat can be introduced once the baby has taken to the vegetable-potato purée.
- At the start, the baby will only be offered a small amount of baby food. The mother continues to breastfeed or to provide industrially manufactured formula to make sure the baby eats enough.
- Slowly increase the quantity of baby food until it is enough to get the baby full on its own. Then you can take away one breastfeeding or bottle meal.
- Be patient; try repeatedly, and give the baby time: On average, babies will want to try out a new purée eight times before they accept it and really enjoy eating it. It is perfectly normal to experience regression and 'lack of progress'.

The second type of baby food: milk and cereal as the main ingredients

- Around one month after introducing the first baby food. One meal otherwise given by breastfeeding or the bottle should have been entirely replaced with baby food.
- Start off with small quantities, and then breastfeed.
- Gradually increase the amount of baby food until it entirely replaces this breastfeeding meal (or the bottle).
- **Do not** provide puréed drinks. Do not feed baby food from the bottle.

The third type of baby food: cereal and fruit as the main ingredients

- Roughly one month later. The baby should have entirely accepted the second type of baby food.

Accept signals that the baby is full

- Do not insist that the baby finishes the food on the plate.
- Do not reheat or otherwise use any leftovers.

Frequently asked questions:

Why do we start with vegetable-potato-meat purée?
This type of baby food contains an especially large amount of iron. The infant has a particular need for this mineral during its second six months of life.

Home-made or bought in a jar?
It really does not matter. But it is a good idea for people who serve store-bought baby food to make their own from time to time. This widens the range of tastes, as the ingredients in the shop products are limited to the most common types of fruit and vegetables. It is also cheaper to make your own purée.

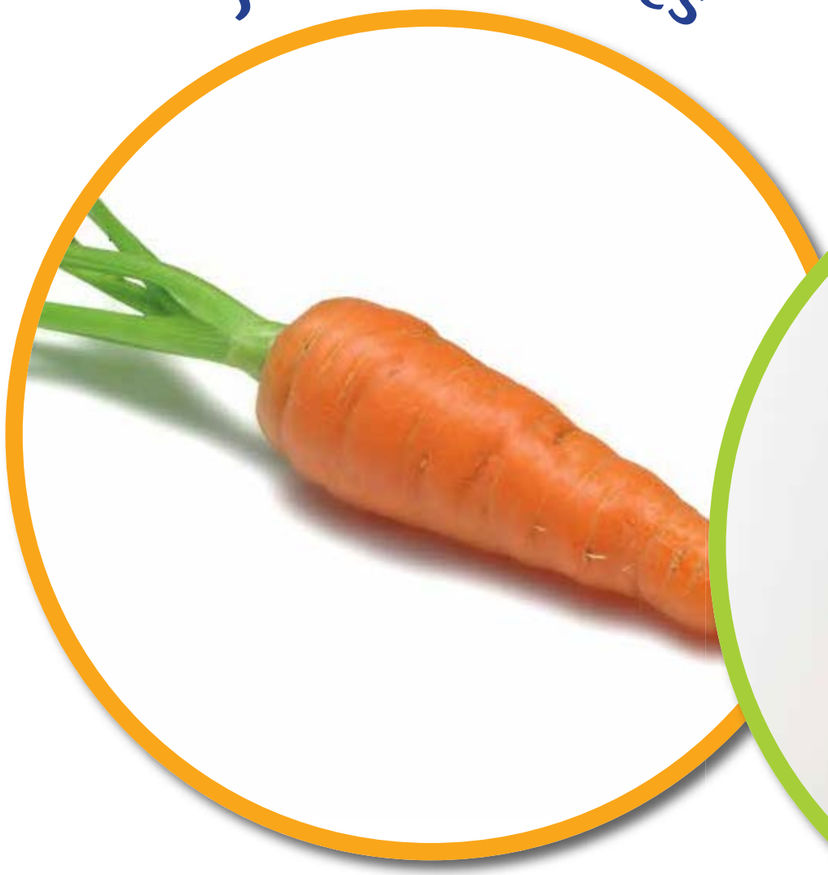
* Source: Institute of Child Nutrition.
Recommendations for feeding infants. Dortmund, FKE, 2011
** The presentation boards follow the sequence shown here.
It is also possible to provide the milk-cereal purée third, and to introduce the cereal-fruit purée second.

© aid infodienst e. V. 2012

Starting with the spoon

Gesund ins Leben
Netzwerk Junge Familie

Just vegetables



A small, full spoon

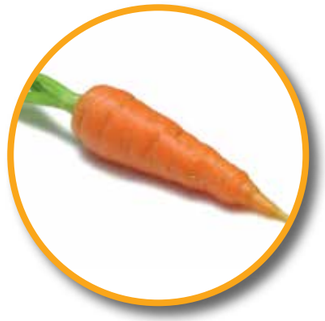
Good sitting posture

© aid infodienst e. V. 2012

Starting with the spoon

Aim of the presentation board

- **Parents are aware of what they should pay attention to during feeding to ensure that the introduction of complementary food proceeds smoothly.**



Just vegetables

- Start out with vegetable purée.
- Potato is ideal for the first spoon, as it is mild in taste, easy on the tummy, available everywhere, and inexpensive. But other types of vegetables are just as conceivable.
- Home-made: peel the vegetables, cut into small pieces, and cook in a little water or steam. Then blend into a smooth purée.
- Alternatively: take pure vegetable purée (from a jar for babies).

A small, full spoon

- Small and flat: any implement can hold purée.
- Fill it up: to trigger the swallowing reflex.
- Short handle: the movement of the tongue is easier to feel.
- Keep the food coming in quick intervals: the baby is used to suckling, and so it will expect to swallow fast.
- Use the spoon to touch your baby's lips if it does not open its mouth automatically.
- Take a second spoon to feed the baby if it grabs the first one.

Good sitting posture

- Held firmly, sitting upright on its mother/father's lap.
- Look at your baby when feeding it.
- Feeding the baby in a high chair at the table: only once the baby has learned to sit upright without assistance.

Do not feed the baby sitting in its car seat or in the rocker. The baby does not have an upright posture in these positions.

Frequently asked questions:

Can I also start with banana?
Bananas are very sweet. That is why it is better to start off with a mild vegetable and to avoid familiarising the baby with sweet flavours too early on its development.

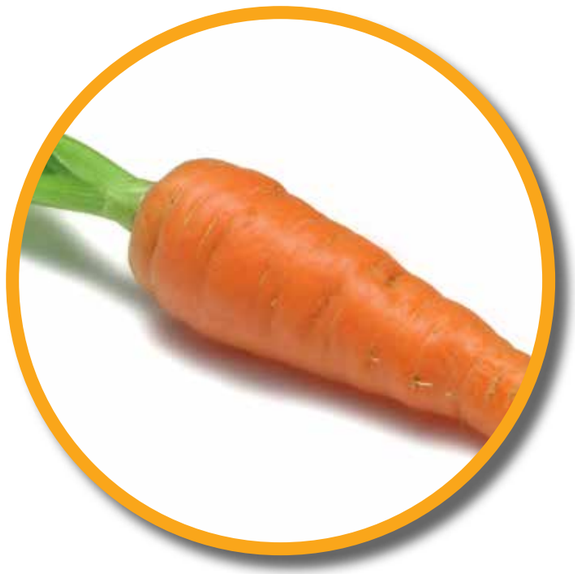
What should I do if feeding does not work out?
Wait a few days and then try again. Whatever you do, stay patient. Perhaps the baby is simply experiencing another major stage in development, and introducing the new food would be 'too much'. Also, make sure your baby is not too tired or hungry when you offer it food.

© aid infodienst e. V. 2012

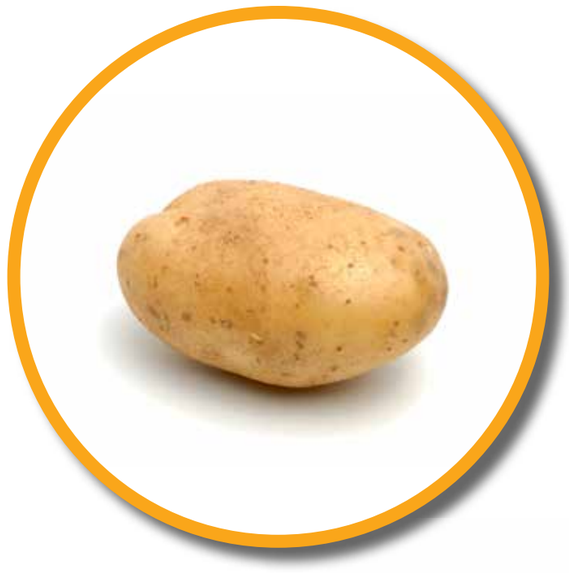
Ingredients for vegetable-potato-meat baby food

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

Month | 5 | 6 | 7 |



+



+

Recipe:
100 g vegetables
1 moderately large potato (50 g)
30 g lean meat
1 tablespoon of canola oil
3.5 tablespoons of juice
(rich in vitamin C)

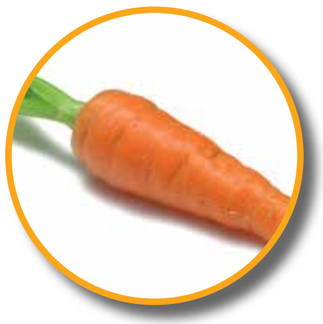
© aid infodienst e. V. 2012

Ingredients for vegetable-potato-meat baby food

Aim of the presentation board

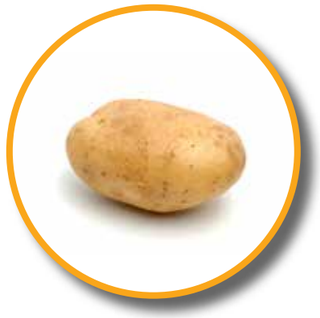
- **Parents are familiar with the main meals.**
- **Parents are familiar with the relative amounts.**

Vegetable-potato-meat purée is the first baby food that the baby will get to know.
Introduction: between the start of the 5th month and the start of the 7th month.
It's best to give purée its first go at lunch. The baby will be well-rested then.



Vegetables

- Carrots are always a favourite. Alternatives: kohlrabi, parsnip, pumpkin, courgette, broccoli, cauliflower, fennel …
- Untreated frozen vegetables are also suitable (without any seasoning).
- Quantity for 1 portion: 1 moderately sized carrot (100 g) or 100 g of other vegetables, cleaned.



Potatoes

- Easy to digest, simple to mash into a purée.
- Quantity for 1 portion: 1 potato (50 g when peeled), about the size of a large chicken egg.

Meat

- Lean poultry, pork, veal, lamb or beef.
- Tender pieces of meat that cook quickly (e.g. chicken breast, lean cuts of pork, fillet, lean ground meat).
- Serve fish instead once per week (e.g. salmon).
- Quantity for 1 portion: 30 g, fits on a tablespoon.
- **Vegetarian baby food:** Use 1 tablespoon of oatmeal instead of meat.

What else is added:

- Oil: preferably canola oil (it contains essential omega-3 acids).
- Apple juice, enriched with vitamin C, or orange juice (vitamin C improves the absorption of iron from vegetable foods). Puréed fruit can also be served as an occasional dessert.
- Add cereals from time to time (e.g. mix a small knife tip of flour or oatmeal into every second baby food meal).
  Reason: the risk of celiac disease (chronic inflammation of the mucous membrane in the small intestine) is reduced if small quantities of gluten (a particular cereal protein) are absorbed while the baby is still being nursed. Pasta can be added once a week later on in place of potatoes.

Frequently asked questions:

Does my child really need meat every day?
It is advantageous, as meat is a great source of iron. Babies need a lot of this mineral between the ages of six months and one year. Eating small amounts of meat on a regular basis, instead of large quantities all at once, is better for the absorption of iron.

Can I also give my baby a vegetarian diet?
Yes, you can also feed it vegetarian baby food made of vegetables and potato. In this case meat is replaced by whole grain cereal. The vitamin C helps improve the absorption of iron from the vegetables. It is essential not to add any milk or dairy products, as they reduce the capacity to absorb iron.

© aid infodienst e. V. 2012

The easy guide to making vegetable-potato-meat baby food

Gesund ins Leben
Netzwerk Junge Familie

Simple and quick

1. *Chop into small pieces*

2. *Cook*

3. *Purée*

4. *Refine*

© aid infodienst e. V. 2012

The easy guide to making vegetable-potato-meat baby food

Aim of the presentation board

- **Parents are familiar with the stages of preparing baby food.**
- **Parents know that preparing baby food is a simple and quick affair.**

Wash, peel, chop into small pieces

- Wash and peel the vegetables, rinse the potato once more.
- Chop the vegetables and potato into small pieces.
- Cut the meat (or fish) into small pieces.

Purée

- Pour the ingredients together with the vitamin C-rich juice into a tall jar (purée jar).
- Blend until it forms a fine purée.

Cook

- Place the vegetables, potato and meat (or fish) into a small pot (with lid).
- Add water until it just covers the ingredients.
- Place the lid over the pot. Heat up at the highest temperature setting. Switch the hob back down to the lowest setting once the lid feels hot (carefully use your finger to check).
- Cook everything for around 10 minutes.
(Check: a knife must be able to pass easily through all ingredients).

Refine

- Add canola oil.
- Is the baby food still too thick? If so, add a little hot water.
- Check the temperature of the purée before feeding.
- **Do not** add salt or **any** seasoning.

Simple and quick

Frequently asked question:

How can I stock up on home-made baby food?
Prepare larger quantities of baby food. Feed one portion immediately, place one more in the fridge for the next day, and freeze all other portions in small containers (e.g. freezer-proof plastic mugs, jars for baby food). Heat up the baby food in a water bath or in the microwave. Stir thoroughly, especially if the baby food is heated up in the microwave (uneven heating). Then check the temperature yourself.

© aid infodienst e. V. 2012

Buying ready-made vegetable-potato-meat baby food

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

Month | 5 | 6 | 7 |

1. Do not serve baby food before the 5th month

without salt

Carefully check the main ingredients

Vegetables **Potatoes** **Meat**

© aid infodienst e. V. 2012

Buying ready-made vegetable-potato-meat

Aim of the presentation board

- **Parents pay attention to the main ingredients when buying vegetable-potato-meat baby food.**
- **Parents are aware that it should not be served before the start of the 5th month at the earliest.**

1st type of baby food

- Vegetable-potato-meat purée is the first baby food that the baby will get to know.

Start of feeding

- The information on the jar "After the 4th month" means: do not use until the start of the 5th month at the earliest (do not be confused by the "4").
- A later start – up to the beginning of the 7th month – is perfectly fine.

Carefully check the main ingredients

- Read the list of ingredients: vegetables, potato and meat should be at the top of the list.
- Choose simple recipes.

Other selection criteria

- Choose baby food made with canola oil wherever possible.
- **No** added salt.

The best baby food contains meat.

- Meat is a great source of iron. This is why you should pick a menu containing meat as often as possible (at least 5 times per week).
- The amount of meat contained in baby food you purchase in a shop is usually quite low.

© aid infodienst e. V. 2012

Ingredients for milk-cereal baby food

Gesund ins Leben
Netzwerk Junge Familie

Month | 6 | 7 | 8 |

+

Recipe:

1 glass (200 ml) of whole milk (3.5 % fat)
20 g oatmeal
2 tablespoons (20 g) of fruit

© aid infodienst e. V. 2012

Ingredients for milk-cereal baby food

Aim of the presentation board

- **Parents are familiar with the main meals.**
- **Parents are familiar with the relative amounts.**

Milk-cereal baby food is the second type of baby food that the baby will get to know. Usually, it is served in the evening. Introduction: between the start of the 6th month and the start of the 8th month.

Milk

- Whole milk with at least 3.5 % fat (**no** skimmed milk).
- Suitable: standard pasteurised milk, long-life milk, UHT milk (no substantial difference in terms of the nutrients).
- **Not** suitable: unpasteurised milk.
- Quantity for 1 portion of baby food: 1 glass (200 ml).

Cereal

- Preferably pick whole grain cereal, as it contains more vitamins, minerals (e.g. iron) and roughage than 'light' cereal products.
- Start off with delicate oatmeal (small leaves), instant whole grain cereal for baby food without added sugar; later on you can also use whole grain semolina, spelt, wheat flakes or ground whole grain cereal.
- Quantity for 1 portion of baby food: 20 g whole grain cereal (flakes) or semolina.

  20 g whole grain cereal (flakes) are equivalent to …
  - 2 tablespoons of oatmeal
  - 3 tablespoons of spelt flakes or semolina
  - Instant cereal for baby food: see information on the packaging

Fruit

- Provides vitamin C that improves absorption of the iron from cereals.
- Suitable:
  - Vitamin C-rich fruit juice (orange juice, apple juice with added vitamin C)
  - Untreated seasonal fruit, puréed or grated (apple, pear, peach, nectarine, apricot or other fruit, only occasionally banana)
  - Pure fruit purée (in a jar for babies)
- **Not** suitable:
  - Canned fruit with added sugar
  - Fruit juice beverages, fruit juice nectar
- Quantity for 1 portion of baby food: approximately
  - 2 level tablespoons (20 g)

Frequently asked questions:

Is it better to steer clear of cereals containing gluten?
Quite the contrary: The risk of celiac disease (chronic inflammation of the mucous membrane in the small intestine) is reduced if small quantities of gluten (a particular cereal protein) are absorbed while the baby is still being nursed. Wheat, oats, spelt and barley contain gluten; rice, buckwheat, maize and millet do not.

Can the baby now drink cow's milk, too?
No, it is still too early for larger amounts of cow's milk. The dash of cow's milk is simply one of the ingredients in the baby food. The baby is served milk in a cup when it starts eating bread towards the end of the first 12 months.

Milk-cereal baby food without cow's milk?
There is no reason to avoid cow's milk. Milk-cereal baby food is even recommended for babies with an elevated allergy risk. However, any mothers who would still prefer to avoid using cow's milk can prepare the baby food with mother's milk or industrial formula.

© aid infodienst e. V. 2012

The easy guide to making milk-cereal baby food

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

3 minutes

1. *Stir in*

2. *Bring to a boil*

3. *Refine*

© aid infodienst e. V. 2012

The easy guide to making milk-cereal baby food

Aim of the presentation board

- **Parents are familiar with the stages of preparing baby food.**
- **Parents know that preparing baby food is a simple and quick affair.**

Stir in

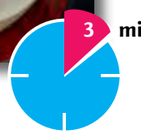
- Cereal flakes: stir into cold milk.
- Semolina: First heat up the milk, and then stir in the semolina.
- Instant cereal for baby food: see information on the packaging.

Refine

- Purée, grate or crush the fruit, and then add to the baby food. Alternative: stir in fruit juice.
- **Do not** add any sugar, syrup or other sweeteners.

Bring to a boil

- Oatmeal and semolina: bring to a boil and simmer for approx. 3 minutes.
- Leave the baby food to cool down to eating temperature.



Simple and quick

Frequently asked questions:

Real juice – how can I tell?
It is made of 100% fruit juice. It can only be called juice if that is what it really is. Do not mistake fruit juice drinks and fruit juice nectar for fruit juice. They have a lower fruit content, and instead contain water and sugar (or other sweeteners).

Is it better to stew fruit?
No. It is not necessary to stew the fruit, neither for milk-cereal purée, nor for cereal-fruit purée. Babies have no problem digesting finely diced pieces of uncooked fruit.

© aid infodienst e. V. 2012

Buying ready-made milk-cereal baby food

Gesund ins Leben
Netzwerk Junge Familie

Month | 6 | 7 | 8 |

Do not serve the second type of baby food before the 6th month

- ✓ Whole grain
- ✓ Only slightly sweet
- ✓ <u>Without</u> cocoa, chocolate, aromas and spices

Carefully check the main ingredients

Milk + **Cereal**

© aid infodienst e. V. 2012

Buying ready-made milk-cereal baby food

Aim of the presentation board

- **Parents pay attention to the main ingredients when buying ready-made milk-cereal baby food.**
- **Parents are aware that it should be introduced as the 2nd type of baby food.**

What is available?

- Jars of ready-to-serve milk-cereal baby food.
- Ready-to-serve milk baby food; just stir in water.

The second type of baby food

- The 2nd type of baby food is introduced around one month after the vegetable-potato-meat purée (no earlier than the start of the 6th month, not later than the start of the 8th month).

Carefully check the main ingredients

- Read the list of ingredients: Milk (or follow-on formula) and cereal should be at the top of the list.
- Choose simple recipes.

Other selection criteria

- Pick whole grain if you have a choice.
- The baby food should taste only slightly sweet.
- **No** ingredients to enhance the flavour (chocolate, cocoa, aromas, spices, for instance vanilla).

Use a spoon to serve the baby food

- Do not serve puréed drinks (the baby does not learn to eat the food using a spoon).
- Do not serve the baby food from the bottle.

© aid infodienst e. V. 2012

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

Ingredients for cereal-fruit baby food

Month | 7 | 8 | 9 |

+

+

Recipe:

½ glass (90 ml) of water
20 g oatmeal
1 piece (100 g) of fruit
1 teaspoon of canola oil

© aid infodienst e. V. 2012

Ingredients for cereal-fruit baby food

Aim of the presentation board

- **Parents are familiar with the main meals.**
- **Parents are familiar with the relative amounts.**

Cereal-fruit purée is the third type of baby food: It replaces breastfeeding or giving the bottle in the afternoon. Introduction: between the start of the 7th month and the start of the 9th month.

Water

- Leave the tap to run until the water is cold.
- Quantity for 1 portion of baby food: around ½ glass (90 ml).

Cereal

- Whole grain cereal (flakes), semolina or instant whole grain cereal for baby food, without added sugar.
- Quantity for 1 portion of baby food: 20 g whole grain cereal (flakes).

  20 g whole grain cereal (flakes) are equivalent to …
  - 2 tablespoons of oatmeal
  - 3 tablespoons of spelt flakes or semolina
  - Instant cereal for baby food: see information on the packaging

Fruit

- Fresh seasonal fruit.
- Mild types: pear, apple, melon, peach – only occasionally banana (due to the higher sugar content).
- Should be easy to purée (soft flesh, no cores).
- Quantity for 1 portion of baby food: 1 piece (approx. 100 g).

Oil

- Use canola oil when possible (contains essential omega-3 fatty acids).
- Whether cold-pressed or refined: either is just fine.
- Quantity for 1 portion of baby food: 1 teaspoon.

Frequently asked question:

Is fruit on its own enough, too?
No. It is not a complete meal, and contains insufficient energy and nutrients.

© aid infodienst e. V. 2012

The easy guide to making cereal-fruit baby food

Gesund ins Leben
Netzwerk Junge Familie

1. *Stir in and bring to a boil*

2. *Cut into small pieces and add*

3. *Refine*

Simple and quick

© aid infodienst e. V. 2012

The easy guide to making cereal-fruit baby food

Aim of the presentation board

- Parents are familiar with the stages of preparing baby food.
- Parents know that preparing baby food is a simple and quick affair.

Stir in and bring to a boil

- Cereal flakes: stir into cold water. Bring to a boil and simmer for approx. 3 minutes.
- Semolina: first heat up the water, and then stir in the semolina. Bring to a boil and simmer for approx. 3 minutes.
- Instant cereal for baby food: see information on the packaging.

Refine

- Stir in the oil

Cut into small pieces and add

- Always chop the fruit just before preparing the baby food (purée, grate or crush), as you will otherwise lose vitamins.
- It is easy to prepare:
  - Wash the fruit, chop into small pieces and remove the core. It is not necessary to peel the fruit (unless the skin is inedible, e.g. bananas or melon).
  - Purée the fruit using a mixer, grate finely, or mash with a fork.
- Mix the fruit in with the cereal.

Simple and quick

Baby food for on the go

- Prepare the baby food at home; place in a tightly sealed container, and take it with you for the next meal.

Frequently asked question:

How much variety in the type of fruit should there be?
There are no rules. The question of variety depends on the child, and on what is on offer. Some babies are more inquisitive, while others tend to be shy of new flavours. But there should always be some variation. Babies that eat a broad variety of different baby food flavours early on tend to be more open to new foods, e.g. vegetables, when they are older.

© aid infodienst e. V. 2012

Buying ready-made cereal-fruit baby food

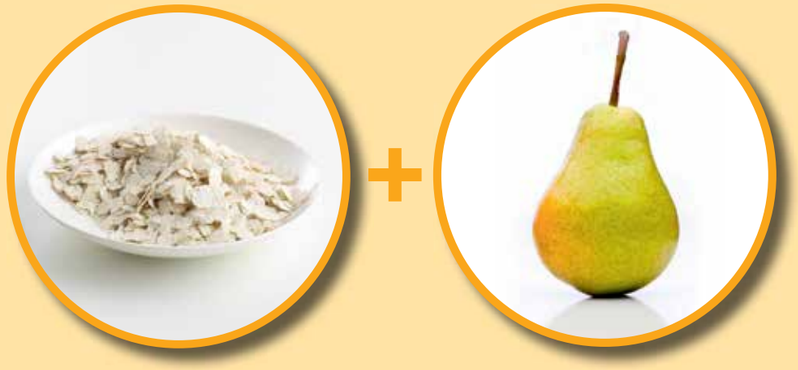
IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

Month | 7 | 8 | 9 |

Do not serve the third type of baby food before the 7th month

- ✓ Whole grain
- ✓ Only slightly sweet
- ✓ Without aromas and spices

Carefully check the main ingredients



Cereal + Fruit

© aid infodienst e. V. 2012

Buying ready-made cereal-fruit baby food

Aim of the presentation board

- **Parents pay attention to the main ingredients when buying ready-made cereal-fruit baby food.**
- **Parents are aware that it should be introduced as the 3rd type of baby food.**

3rd type of baby food

- The 3rd type of baby food is introduced around one month after the milk-cereal baby food (between the start of the 7th to the start of the 9th month).

Carefully check the main ingredients

- Read the list of ingredients: Cereal and fruit should be at the top of the list.
- Choose simple recipes.

Other selection criteria

- Pick whole grain if you have a choice.
- The baby food should taste only slightly sweet.
- **Do not** purchase products with milk, yoghurt or other dairy products as ingredients.
- **No** ingredients to enhance the flavour (chocolate, cocoa, aromas, spices, etc.).

Frequently asked question:

Fruit with yoghurt – when should I start?
Cow's milk is only a minor ingredient in the milk-cereal baby food during the first 12 months, or as a late drink with a meal featuring bread. Children should not receive more milk and dairy products, e.g. as snacks with dairy products (quark, yoghurt, milk pudding) until after they have already reached the age of one.

© aid infodienst e. V. 2012

Quenching thirst – what with?

Gesund ins Leben
Netzwerk Junge Familie

Tap water is perfectly fine

From around the 3rd type of baby food

Drinking from cups, glasses or mugs

© aid infodienst e. V. 2012

Quenching thirst – what with?

Aim of the presentation board

- **Parents are familiar with suitable drinks.**
- **Parents know that all drinks (apart from infant formula and follow-up formula) should be taken from a cup or a glass.**
- **Parents are aware that continuous sucking on artificial nipples is harmful.**

Tap water is perfectly fine

- It is always fresh and of good quality.
- Leave the water to run until it comes out of the tap cold.
- Alternative: unsweetened herbal and fruit teas, but vary the sorts (prepare the tea with boiling water).
- **Do not** drink water from lead pipes: if you have lead pipes, you should drink non-aerated mineral water suitable for preparing baby food (ask your landlord about the material used in your drinking water pipes).
- Sugar in drinks is bad for the teeth.

Drinking from cups, glasses or mugs

- Drink sitting up.
- Learning how to drink: it is easier with a full cup, not with a feeding cup.
- Constant sucking on a bottle is bad for the teeth.

From around the 3rd type of baby food

- The baby will need roughly 200 ml of additional liquid (1 glass) when you introduce the 3rd type of baby food.
- It may otherwise need extra liquid beforehand if it has a fever or diarrhoea. Breastfed children receive additional liquid simply through more frequent nursing.

Frequently asked questions:

What should I do if my child doesn't want to drink?
Do not force the issue, and do not use sweet drinks as encouragement. The best way is simply to offer something to drink on frequent occasions. Babies have to learn how to drink. Fill the drinking vessel almost to the rim. That way the child will immediately notice its upper lip becoming moist, and will automatically open its mouth.

Are spritzers and juices also suitable?
Pure fruit juice does not quench thirst. It contains far too much sugar (fructose) and therefore calories. You can serve spritzers (one part juice, two parts water) with meals. But water is best of all. It is unbeatable at quenching thirst.

© aid infodienst e. V. 2012

Crawling, sliding, walking

IN FORM
Deutschlands Initiative für gesunde Ernährung
und mehr Bewegung

Let me explore the house

Lift me up in the air

Let me clamber all over you

© aid infodienst e. V. 2012

Crawling, sliding, walking

Aim of the presentation board

- **Parents support their child in the satisfaction of its natural urge for movement.**
- **Parents are given ideas on how to make their everyday routines with the baby more active.**

Let me explore the house

- A baby needs space to move.
- Make sure your home is safe for children: seal off plug sockets, lock away dangerous items (medication, detergents, etc.), remove possible tripping hazards …
- The playpen, the rocker and the high chair are not places to ‘store the child’. They inhibit its urge to move around.

Lift me up in the air

- Movement is so much more fun if you have someone to play with.
- Laugh and maintain eye contact when playing.
- **Do not** hold on to the child’s joints.
- You will find plenty of simple playthings in the house: plastic tubs, wooden spoons, light cloths …

Let me clamber all over you

- Allow babies to crawl, slide and clamber as much as possible without restriction. This way, they practice new movement patterns and strengthen their muscles.

I don’t need help to learn how to walk

- Children learn how to walk all by themselves. In doing so they train all of their muscles, their movements, and their sense of balance. But they need time.
- Be cautious of baby walkers: they substantially inhibit natural movement patterns and can be hazardous in many different ways. (Baby walkers make it far easier for young children to reach potentially dangerous objects tucked away out of reach. They can move much faster and can therefore get into possibly dangerous areas far quicker).

I also need my peace!

Besides movement, children need enough to time to relax and wind down in order to develop well.

© aid infodienst e. V. 2012

Good bye to baby food

Gesund ins Leben
Netzwerk Junge Familie

Only milk

Continue breastfeeding + baby food

Family meals

Month 1 2 3 4 5 6 7 8 9 10 11 12 13

© aid infodienst e. V. 2012

Good bye to baby food

Aim of the presentation board

- **Parents are aware that babies will transition from baby food to family meals towards the end of their first year.**
- **Parents are aware that this transition differs from baby to baby.**

When will the baby start taking its meals at the table with the family?

- Towards the age of one, babies tend to get increasingly curious about what could possibly be lying on the plates of the people around them. The baby wants the same things.
  It is keen to take part in family meals.
- But the precise time varies from baby to baby. Some clamour to be allowed to sit at the table as early as the 10th month. Others hold on to their love of baby food well into their second year.
- Babies that find it difficult to say bye bye to baby food can be given an occasional piece of bread to munch on so that they can ‘train’ the muscles they need to chew and to speak.
- Babies transition from baby food to eating with the family at their own particular speed. The best way is gradually.

What can you serve your child?

- It can eat almost everything.
- Neither adults nor children are advised to eat lots of heavily fried, fatty or deep fat fried food.

- Parents should be cautious about serving small, hard foods that could easily get stuck in the windpipe (e.g. nuts, blackcurrants, sweets, small, firm grapes or small pieces of raw foods). Babies should be kept away from these foods.

Continue to breastfeed whenever you like

The mother and the child decide whether and how often to breastfeed in addition to family meals.

© aid infodienst e. V. 2012

From a baby to a young child – how the diet changes

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

© aid infodienst e. V. 2012

From a baby to a young child – how the diet changes

Aim of the presentation board

- **Parents are aware that their child can eat (almost) anything on the table.**
- **Parents help their child learn to eat by itself.**

I want to eat by myself

- With my hands. Chop the vegetables into handy pieces and cook until al dente. Cut the bread into small pieces.
- It takes practice to handle a spoon. Parents can help feed their child, although it may well resist. Patience is called for.
- Using a fork. Cut the food into pieces and let the child spear them.

Bye bye bottle

- The child now takes all of its drinks from a glass or a cup.
- Provided the child is not nursed in the morning, it can receive a meal based on bread with a cup of milk, or some muesli made of fine cereal flakes.

Now we'll all eat together

- It's about enjoying each other's company, about sharing.
- 'Experimenting' with food is all part of the deal: peering, sniffing, picking it up, taking a bite, tasting.
- And just because something is rejected once doesn't mean it's 'crossed out on the list'. It takes time and habit to become accustomed to new foods and tastes. So it's well worth trying things out several times.

Frequently asked question:

What happens if the food catches in the child's throat?
It is unlikely that this can be prevented entirely. After all, young children will end up coughing on their food quite frequently, as they tend to put too much in their mouths, and the windpipe is located very close to the oesophagus. Everyone should certainly sit down to eat. Do not allow your child to eat when it is playing or running around, and make sure you keep a watchful eye on it during meals. You should also stay away from hard foods, of course.

© aid infodienst e. V. 2012

From baby food to eating with the family

Gesund ins Leben
Netzwerk Junge Familie

Breastfeeding/bottled milk

Vegetable-potato-meat baby food

Cereal-fruit baby food

Milk-cereal baby food

Snack

Snack

Morning **Midday** **Evening**

© aid infodienst e. V. 2012

From baby food to eating with the family

Aim of the presentation board

- **Parents are aware of the meals that will replace each type of baby food.**
- **Parents are aware that their child needs five meals.**

Morning

- Transition from breastfeeding or giving the child a bottle to serving breakfast.
- Option 1: bread with topping and a glass of milk
  - approx. ½ a slice of fine whole grain bread, thinly spread with butter/margarine or cream cheese
  - plus soft, ripe fruit to eat with the hand or finely grated raw vegetables
  - plus 1 cup (150 ml) of whole milk, standard pasteurised milk, long-life milk, or UHT milk
- Option 2: muesli
  - fine cereal flakes, milk and fruit

Snacks

- Two per day: in the morning and the afternoon.
- Recommended: cereal plus fruit/vegetable
  - cereal: fine whole grain bread, whole grain rusks, whole grain crispbread, occasionally whole grain biscuits
  - fruit: soft, ripe, seasonal fruit, cut into pieces
  - raw vegetables: finely grated at the start; the vegetable can be cut into increasingly larger pieces as the child becomes more adept at chewing.
- One drink: ideally water.

Midday

- The vegetable-potato-meat baby food is gradually replaced by a hot meal.
- But vegetables are always included in family meals. Potatoes, rice, pasta or other cereals are served alternately. Meat is not served every day, and fish is included once to twice per week.
- One drink: ideally water.

Evening

- A cold meal gradually takes the place of the milk-cereal baby food.
- Recommended: a slice of bread (fine whole grain bread) topped with cheese or sausage. Served with finely grated vegetable and a glass of milk.

Frequently asked question:

Can you eat raw food without teeth?
Children will have developed a full set of milk teeth by the age of 2½. But they can still eat raw food beforehand. It should be finely grated, though. Children simply use their gums to chew on soft fruit and even vegetables cooked al dente, or they use their tongues to squash it against their palate. Crisp slices of raw apple and cucumber cannot be broken down into smaller pieces this way. So they should not be served yet.

© aid infodienst e. V. 2012

Mealtime rules for the whole family

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

Parents offer – but the child decides what and how much it wants

Water – simply the best drink!

Mealtimes are only there for eating!

The parents act as role models

No extras!

Only eat at mealtimes – and not in-between

© aid infodienst e. V. 2012

Mealtime rules for the whole family

Aim of the presentation board

- **Parents are aware that rules for family mealtimes help the child learn how to eat.**
- **Parents know that the rules also apply to them.**

Parents offer – but the child decides what and how much it wants

- The parents ensure that there is a good and varied meal plan.
- The child decides how much it wants to eat. This way it learns to trust when its body says ‘enough’.
- Parents encourage their child to try things out (without pressure or reward), praise attempts but accept rejection.

Water – simply nb_ best drink!

- That is the best way to ensure a healthy development in the child’s weight and its teeth.

Mealtimes are only there for eating!

- A relaxed atmosphere keeps the mood buoyant so that everyone associates positive emotions with mealtimes. Eating (and learning how to) is more fun in a pleasant atmosphere.
- Listening to each other and talking are all part of the ritual. But it is better to discuss controversial topics before sitting down to eat.
- Mealtimes are there for eating. Switch off the radio and television, fold away the newspaper, clear toys and other things off the table. Turn on the telephone answering machine.

The parents act as role models

- Children tend to like what their parents enjoy eating. Therefore: show that you take pleasure in your food.
- Stick to the mealtime rules yourselves.
- Be honest. If you don’t like spinach, don’t pretend you can’t get enough of it.

No extras!

- Children can eat all they like of other things (potatoes, pasta, rice, bread, vegetables) if they don’t care for certain foods contained in a meal.
- They can even just wait until the next meal if they decide not to eat anything at all right now. Do not force children to eat.

Only eat at mealtimes – and not in-between

- 5 meals are recommended (children have small tummies, so they simply cannot accommodate larger amounts).
- People who eat ‘all day’ will not be hungry when the main mealtimes arrive.
- So there is a simple rule when playing, crawling, running around or cuddling, also when out and about, shopping or on the way to the nursery: do not eat.

Frequently asked question:

How much time should there be between the meals?
At least two hours. In most cases the child will not need anything else for two to three hours, provided it eats enough at mealtimes.
There is nothing wrong with teaching children that they sometimes have to wait a short while for food.

© aid infodienst e. V. 2012

Climbing, jumping, running

Gesund ins Leben
Netzwerk Junge Familie

Home is my great big bouncy castle

I look up to you

Let me try it myself

© aid infodienst e. V. 2012

Climbing, jumping, running

Aim of the presentation board

- **Parents support their child in the satisfaction of its natural urge for movement.**

Home is my great big bouncy castle

- Allow your child to hop, skip and jump through the house.
- You can even build a simple and impromptu obstacle course out of cardboard boxes, mattresses, rugs, chairs and cushions. And you can vary the route any time you like.
- Make sure your home is safe for children: remove tripping hazards, seal off plug sockets, and fence off the stairs.

I look up to you

- Children need positive role models. So make sure to include physical activity in your everyday routines, for instance going out to the shops on foot.
- Be patient, and take your time. The tiny explorers develop slowly.
- Structure your family leisure times actively, and make sure that the parents and the child have plenty of opportunity for exercise. This will help your child develop.

Let me try it myself

- You have to supervise children. But the child does not need ‘helping hands’ when balancing, climbing or going up the stairs. You will otherwise inhibit the child in the development of self-confidence.
- Taking a risk, sensing boundaries, finding other solutions – these are all necessary elements in a child’s development.
- Children acquire self-confidence by being adventurous.
- Parents can join in the balancing and climbing.
- Children take particular pleasure in pushing and pulling things. These activities improve balance and coordination.

Frequently asked question:

How much physical activity do children need?
Whenever they are not sleeping or sitting at the table during mealtimes, children should always be given the opportunity and the space to move around and try things out.

© aid infodienst e. V. 2012

Advice and assistance – useful addresses

IN FORM
Deutschlands Initiative für gesunde Ernährung und mehr Bewegung

For questions about breastfeeding

Interested persons will find assistance for questions related to breastfeeding at the following:

Deutscher Hebammenverband e. V.*
(German Midwifery Association)
Gartenstraße 26
76133 Karlsruhe
Telephone +49 (0)721 9 81 89-0
Fax +49 (0)721 9 81 89-20
Email: info@hebammenverband.de
www.hebammenverband.de

Arbeitsgemeinschaft Freier Stillgruppen e. V.
Bornheimer Straße 100
53119 Bonn
Telephone +49 (0)228 3 50 38-71
Fax +49 (0)228 3 50 38-72
Email: geschaeftsstelle@afs-stillen.de
www.afs-stillen.de

Berufsverband Deutscher Laktationsberaterinnen IBCLC e. V.
Hildesheimer Straße 124 E
30880 Laatzen
Telephone +49 (0)511 87 64 98-60
Fax +49 (0)511 87 64 98-68
Email: sekretariat@bdl-stillen.de
www.bdl-stillen.de

La Leche Liga Deutschland e. V.
Louis-Mannstaedt-Straße 19
53840 Troisdorf
Telephone +49 (0)2241 1 45 39 96
Email: info@lalecheliga.de
www.lalecheliga.de

www.stillen-info.de
Joint page operated by the Deutsche Liga für das Kind in Familie und Gesellschaft e. V. and the National Breastfeeding Committee at the Federal Institute for Risk Assessment with links to various breastfeeding organisations

For questions about complementary food and family diet

Interested persons will find the addresses of qualified nutritionists close by at:

Verband der Oecotrophologen e. V.
Reuterstraße 161
53113 Bonn
Telephone +49 (0)228 2 89 22-0
Fax +49 (0)228 2 89 22-77
Email: vdoe@vdoe.de
www.vdoe.de

Verband der Diätassistenten – Deutscher Bundesverband e. V.
Postfach 104062
45040 Essen
Telephone +49 (0)201 94 68 53-70
Fax +49 (0)201 94 68 53-80
Email: vdd@vdd.de
www.vdd.de

German Nutrition Society
Godesberger Allee 18
53175 Bonn
Telephone +49 (0)228 37 76-600
Fax +49 (0)228 37 76-800
Email: webmaster@dge.de
www.dge.de

Deutsche Gesellschaft der qualifizierten Ernährungstherapeuten und Ernährungsberater – QUETHEB e. V.
Schloßplatz 1
83410 Laufen
Telephone +49 (0)8682 95 44-00
Fax +49 (0)8682 95 44-98
Email: info@quetheb.de
www.quetheb.de

For questions about allergies

Addresses of allergy experts close by can be obtained from:

German Allergy and Asthma Society
Fliethstraße 114
41061 Mönchengladbach
Telephone +49 (0)2161 8 14 94-0
Fax +49 (0)2161 8 14 94-30
Email: info@daab.de
www.daab.de

Arbeitskreis Diätetik in der Allergologie
www.ak-dida.de

Telephone counselling

Allergy counselling hotline
01805 05 22 51
(Mon-Fri. 9:30 am to 12:00 pm).

12 cents/minute from a landline; no more than 42 cents/minute for calls from a mobile telephone

Provider: German Allergy and Asthma Society and Präventions- und Informationsnetzwerk Allergie/ Asthma e. V.

Online counselling:

www.forum-allergien-vorbeugen.de
The experts here provide online answers to questions on helping to prevent allergies.

info@pina-infoline.de
Präventions- und Informationsnetzwerk Allergie/ Asthma e. V.

info@daab.de
German Allergy and Asthma Society

info@allum.de
A range of information on allergies, the environment and health

For questions about upbringing

Links to organisations that provide assistance and counselling

www.fruehehilfen.de

Interested persons will find more information and counselling services at:
www.gesund-ins-leben.de

Gesund ins Leben
Netzwerk Junge Familie

© aid infodienst e. V. 2012

* Also for questions about complementary food