

**Preparing  
for a  
Lifetime**  
It's Everyone's Responsibility

# GRANDPARENT

TOOLKIT



# Nutrition (Infants 0-12 Months)

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# FEEDING YOUR INFANT BREAST MILK

*If possible, only feed infants **human breast milk** for the first six months of life.*

- **Benefits**

- Best source of nutrition
- Changes to meet infant's needs at every stage
- Prevents against some illnesses and diseases
- Reduces risk of Sudden Infant Death Syndrome (SIDS)

- **Vitamins and Minerals**

- Talk to your grandchild's doctor (pediatrician) about Vitamin D supplements

# FEEDING YOUR INFANT BREAST MILK

## **Responsive Feeding**

- Feed your infant on demand vs. feeding on a set schedule.
  - In the first 6 months, expect your infant to eat every 3 to 4 hours.
- Common signs your baby is hungry are sucking, rooting, stretching and increased physical movement.
  - Crying is a late feeding cue!
- Common signs your baby is full are; turning head away from bottle or breast or appearing relaxed at end of feed (unclenched hands, relaxed legs and arms).

# Human Milk Storage Guidelines

## STORAGE LOCATIONS AND TEMPERATURES

TYPE OF BREAST MILK	Countertop 77°F (25°C) or colder <i>(room temperature)</i>	Refrigerator 40 °F (4°C)	Freezer 0°F (-18°C) or colder
Freshly Expressed or Pumped	Up to <b>4 Hours</b>	Up to <b>4 Days</b>	Within <b>6 months</b> is best Up to <b>12 months</b> is acceptable
Thawed, Previously Frozen	<b>1–2 Hours</b>	Up to <b>1 Day</b> <i>(24 hours)</i>	<b>NEVER</b> refreeze human milk after it has been thawed
<b>Leftover from a Feeding</b> <i>(baby did not finish the bottle)</i>	Use within <b>2 hours</b> after the baby is finished feeding		

These guidelines are for healthy full-term babies and may vary for premature or sick babies. Check with your health care provider.

Find more breastfeeding resources at: [WICBreastfeeding.fns.usda.gov](http://WICBreastfeeding.fns.usda.gov)  
[www.cdc.gov/breastfeeding/](http://www.cdc.gov/breastfeeding/)



# INFANT FORMULA

If human milk is not available, infants should consume *iron-fortified commercial infant formula*.

- **Preparation**

- Follow the instructions on can of infant formula unless your grandchild's doctor (pediatrician) tells you differently.

- **Formula options**

- Most formulas are made from cow's milk.
- Soy and specialty infant formulas may be recommended by the pediatrician.



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# STORING INFANT FORMULA

- Keep formula powder covered and stored in a dry place.
- Prepared formula can be refrigerated but must be used within 24 hours.
- Do not take prepared formula out of the refrigerator more than two hours before a feeding.
- If the baby doesn't finish their bottle within an hour, do not refrigerate it. Pour remaining formula down the drain.

# BOTTLE FEEDING PRACTICES

## How to bottle feed:

- Hold baby close in an upright position and hold bottle in horizontal position vs straight up and down.
- Let your baby take breaks from drinking when they seem to want them.
- Watch your baby for cues that they are full and then stop, even if the bottle is not empty.



## Things to remember:

- Give your baby only breast milk or infant formula in a bottle.
- Do not prop up or let the baby hold the bottle by themselves.
- Do not put your baby to bed with a bottle.
- Unless instructed by the pediatrician, do not put infant cereal in bottle.



# BOTTLE FEEDING PRACTICES

## **Cleaning Bottles**

- Take the bottle apart (bottle, nipple, rings, caps, etc.)
- Rinse with running water.
- Place bottle and parts in dishwasher with heat dry setting.
  - Use a closed top basket or laundry bag to prevent items from falling into the filter or onto the heating coil.
- If washing bottles by hand, it is recommended to boil bottles and nipples for 5 minutes once a day to sterilize.

# SOLID FOOD INTRODUCTION

**Talk to the baby's doctor (pediatrician) before you start them on solid foods ... usually around 6 months old.**

- Signs your baby is ready for solid foods.
  - Sits up with good head control.
  - Putting their hands or feet in their mouth.
  - Interested in what you are eating and mimics hand to mouth motions.
  - Opens their mouth when food is offered.
- Breastmilk or formula will continue to be the main source of nutrition for your grandchild until they are a year old.
  - Feed the baby his or her first food after feeding from breast or bottle.

# SOLID FOOD INTRODUCTION

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## Easy Tips for Solid Food Success

- Feed your grandbaby breastmilk or formula before trying solid foods.
- Watch for signs the baby is ready and never force the baby to eat.
- Don't leave the baby unattended while eating.
- Start with one food at a time, adding additional foods as your grandbaby is ready.

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# SOLID FOOD INTRODUCTION

*Offering your grandchild his or her first bite of solid food can be exciting!*

*If the baby refuses solid foods, don't force it. Wait a few days and try again. It is common for babies to take some time to adjust to a different way of eating.*

## Start Simple:

- Offer small portions of a single ingredient food
- Wait 3 days between each new food to look for signs of reaction or allergies
- After offering as a single food, you may offer foods in combination

### Example:

- Mon - Wed: Green Beans
- Thurs - Sat: Chicken (or green beans and chicken)



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## SOLID FOOD INTRODUCTION

*If your child is eating infant cereals, it is important to offer a variety of fortified infant cereals such as oat, barley, and multi-grain instead of only rice cereal.*

**Too much rice cereal can be  
poisonous.**



### Pureed and Mashed

- Your baby can eat a pureed version of what the family is eating.
- Your baby may need smooth food at first but slowly you can feed food with small lumps so the baby can get used to different textures.

### Chopped and Shredded

- Foods should be finely chopped, shredded or minced for baby to eat.
- Foods should be cut in small finger-food sized portions for baby to pick up easily and not choke on them.

# HOW TO MAKE YOUR OWN BABY FOOD

## Flavoring

- Start with bland foods when feeding the baby.
- Adding herbs or spices later, as desired, prepares your grandbaby for eating at family table.
- Avoid adding salt or sugar.

## Safe Feeding and Serve

- Make sure food doesn't stay out at room temperature for more than one hour.
- When in doubt, throw it out.

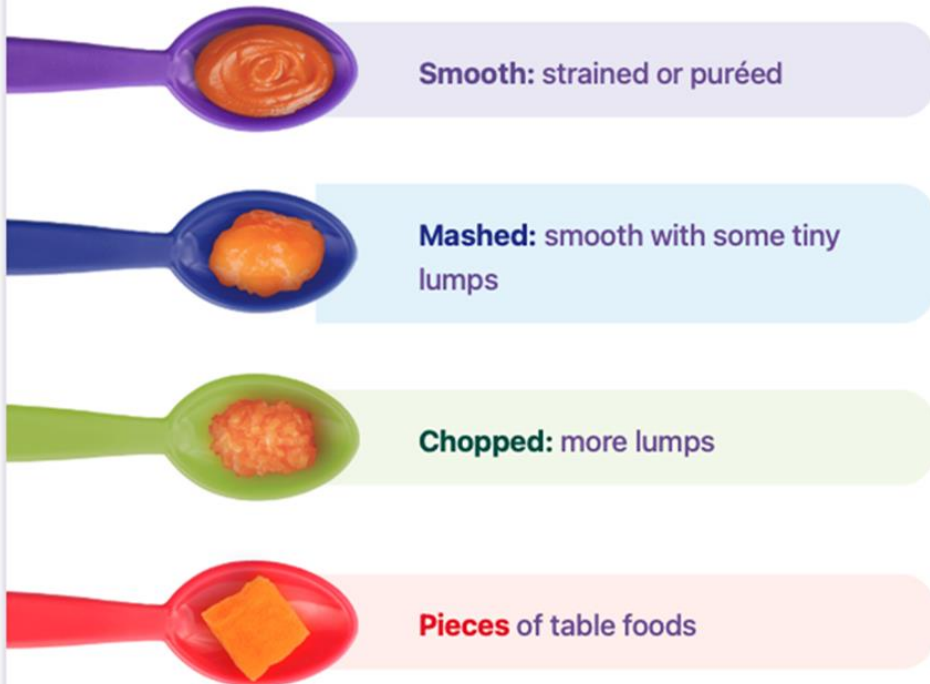
*If you find yourself not having access to baby food, consider making your own or reaching out to local Oklahoma services that may be able to help.*

[formula/baby food 211](#)



# SPOON FEEDING PUREED FOODS

YOUR BABY WILL MOVE THROUGH 4 STAGES OF FOODS:

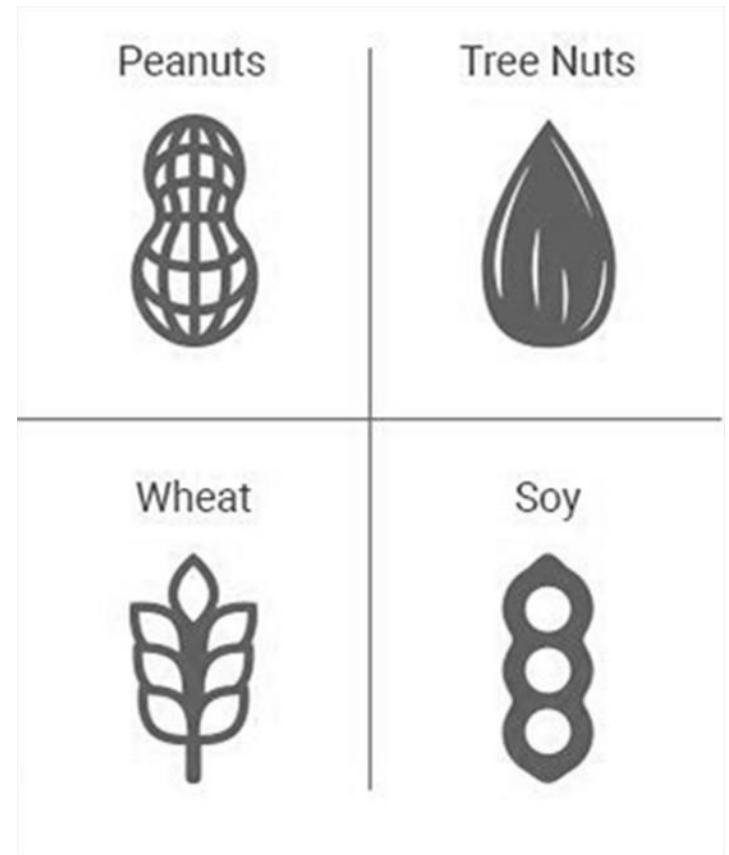


- Start with small amounts of pureed or mashed foods and offer them to baby with a spoon.
  - After **7-8 months of age**, introduce texture by leaving lumps in their food.
  - Around **8-12 months of age**, you can start chopped or finger foods.
- IMPORTANT** - talk to your grandbaby's doctor first for food recommendations to reduce the risk of choking.

# INTRODUCTION OF ALLERGENIC FOODS

## Potentially Allergenic Foods

- Peanuts
- Tree nuts
- Egg
- Cow milk products
- Soy
- Wheat
- Shellfish
- Fish





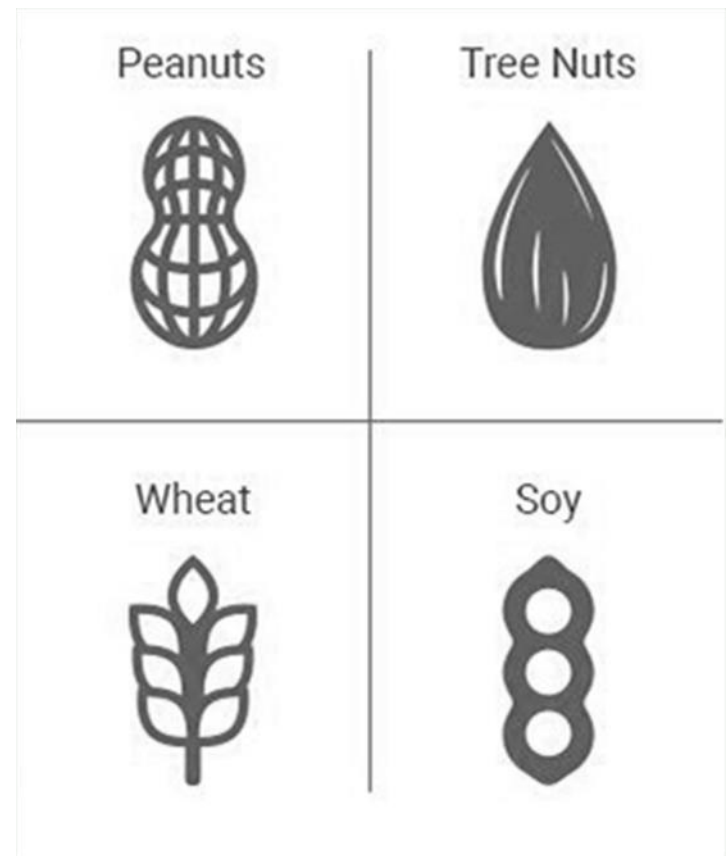
# INTRODUCTION OF ALLERGENIC FOODS

After your grandbaby has had single ingredient foods like veggies, fruits or meats, you can start possible allergenic foods, one at a time.

Talk to the baby's doctor before introducing allergenic foods if:

- The family has history of food allergies
- Baby has severe eczema
- You suspect baby has a food allergy

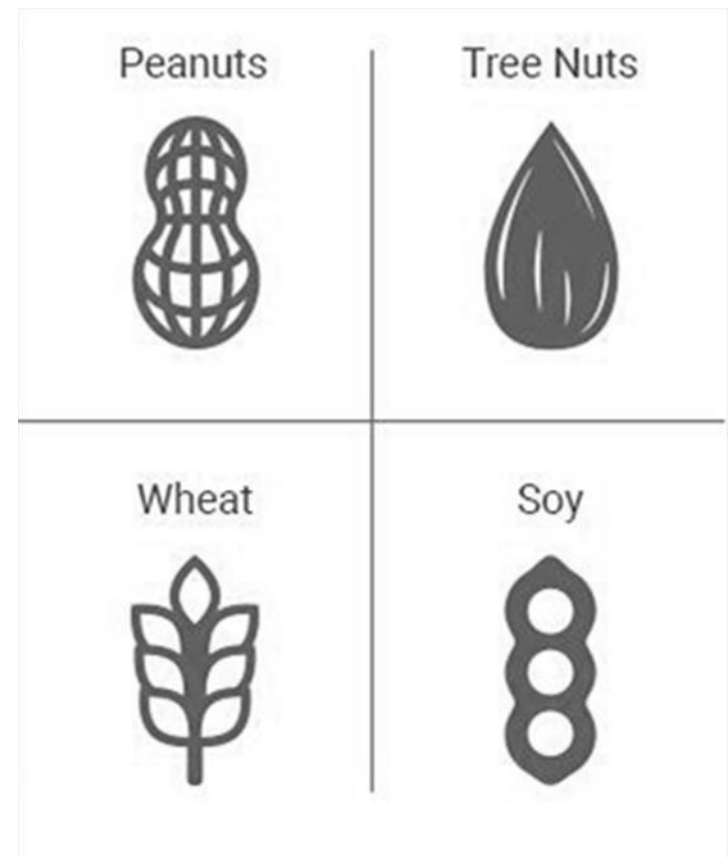
When offering these foods for the first time, offer at home and not at a restaurant or the baby's daycare.



# INTRODUCTION OF ALLERGENIC FOODS

## Strategies for Nuts and Milk Products

- Peanut and Tree nuts: mix small amount of peanut butter or ground nuts into a food baby has already had, such as bananas, infant cereal or sweet potato.
- Milk Products: offer plain yogurt with pureed fruit.
  - Note: Infants under 1 yr. should not drink cow's milk.



# BEVERAGES from 0-6 MONTHS

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- Infants should only drink breast milk or infant formula for the first six months.
- Breastmilk or infant formula should be continued through the first year.
  - Breastmilk or infant formula are designed to be the primary source of nutrition during the first year of life.
- Water: For infants **younger than six months**, water is not needed.

# BEVERAGES from 6-12 MONTHS

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- **After six months**, water can be offered after breast milk or infant formula has been offered.
  - Limit plain water to 4-8 oz per day
- Do not give cow milk, soy milk, or other plant-based milks before 12 months of age.
- It is not recommended to give juice to infants before 12 months.

# GROWTH SPURTS

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- Infants experience growth spurts around **2-3 weeks, 6 weeks, 3 months, and 6 months old.**
- During growth spurts, they will show signs of hunger, and they will feed more often.
- After age 1, growth slows down for toddlers.



# CHOKING FOODS (0-5 YEARS OLD)



- Hot dogs
- Candy
- Nuts
- Seeds
- Apples
- Raw carrots
- Chunks of peanut butter or any nut butter
- Cherry tomatoes
- Popcorn
- Grapes
- Marshmallows
- Chewing gum
- Bones
- Sausages

# PREPARE FOOD TO REDUCE CHOKING



- Remove all fat, skin, and bones before cooking poultry, meat, or fish.
- For fruit, remove seeds and hard pits. Then, cut the fruit into small pieces.
- Cut soft food into small pieces or thin slices.
- Tube-shaped foods, like hot dogs or string cheese, should be cut into short, thin strips instead of round pieces.

# PREPARE FOOD TO REDUCE CHOKING



- Always cut round shaped foods, like cherry tomatoes, into small pieces.
- Whole-grain kernels should be cooked and grinded or mashed.
- Do not give whole nuts or seeds to children under 5 years old.
- Use nut powders or nut butters in small amounts as a spread.
- **What to do if choking happens:**  
<https://www.redcross.org.uk/first-aid/learn-first-aid-for-babies-and-children/choking-baby>



# Wait To Offer These Foods

**Wait to offer these foods until after baby's first birthday:**

- Honey
- Juice
- Peanut Butter
  - **Do** mix small amounts of peanut butter into baby's foods.
  - **Don't** offer peanut butter sandwiches or big bites of peanut butter that can be difficult to swallow.
- Cow's milk or plant-based milk by cup or bottle
  - You can offer milk products like whole milk, plain yogurt or shredded cheeses (like mozzarella).
- Whole grapes and other choking hazards.

# DEHYDRATION

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There is risk of dehydration if your grandbaby vomits or has diarrhea.

## **Signs of dehydration**

- Doesn't want to eat
- Fewer diapers or dryer diapers than normal
- Dry mouth or eyes; for example, fewer tears when crying

*Contact the pediatrician if you have any concerns that your grandchild may be dehydrated.*

# DEHYDRATION

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Wet diapers in 24 hours*			Poopy diapers in 24 hours*	
Day	# of Diapers	Color	# of Stools	Color/Consistency
Day 1	1	Pale	1	black, tarry/sticky
Day 2	2-3	Pale	1-2	green/black, changing
Day 3-4	3-4	Pale	At least 3	green/yellow, soft
Day 4	4-6	Pale	At least 3	yellow/seedy, soft/liquidy
Day 5+	6+	Pale	At least 4	yellow/seedy, soft
6 weeks	6+	Pale	May slow down to 1 every day or every few days	yellow/seedy, soft