

## 0 – 6 months EXCLUSIVE BREASTFEEDING recommended for first 6 months

- Breastfeeding can continue for **2 years or longer** as desired by mother & infant
- The only supplement breastfed infants require is **vitamin D3 400 units PO daily** (avoid D2 & multivitamins)
- **Spitting up is common** in infants & shouldn't lead to discontinuation of breastfeeding



### Do:

- ✓ Reassure parents that newborns normally experience weight loss in the first 1-2 weeks
- ✓ Should **regain birth weight by 10-14 days of life**, and continue to grow steadily thereafter (~20-30g/day for first 3 months, then 75-200 g/week from months 3-6)
- ✓ Encourage regular check ups. Nutrition monitoring can be done using **WHO Growth Charts**

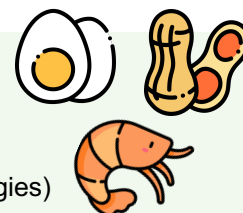
### Failure to Thrive (FTT)

Sometimes defined as **weight <3rd percentile** on appropriate growth chart, or when infant **crosses two major percentiles**. The most common cause is **inadequate caloric intake**.



## 4 – 6 months INTRODUCTION OF ALLERGENIC FOODS

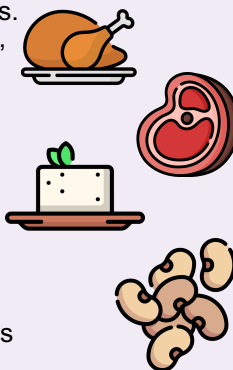
- Early **introduction of allergenic foods between 4-6 months** of age may have a role in preventing food allergy, particularly egg and peanut in high-risk infants
- Allergenic foods: **peanuts, tree nuts, egg, soy, shellfish**, and others
- High-risk infants: those with a 1<sup>st</sup> degree relative with atopy (eczema, asthma, allergies)
- No more than **1 potential food allergen should be introduced at one time**. Wait 2 days to assess for any signs or symptoms of allergic reaction
- No evidence that the order of solid food introduction affects the risk of food allergy development



## 6 – 12 months COMPLIMENTARY FOODS INTRODUCED

**Iron-rich solid foods include:** Iron-rich foods. Examples include meats (beef, lamb, poultry), seafood and fish, meat alternatives & iron fortified cereals (tofu & legumes cooked until soft)

- Iron stores from maternal nutrition deplete by ~6 months old
- Complementary feeding should be offered by latest 9 months old
- Exposing children to as many new foods as possible can help promote healthier eating habits later in life



### Signs of readiness for complementary foods

- Infant has better control of their head, can sit up & lean forward
- Infant can pick up food and put in their mouth, as well as shows signs they're full (ex. turning head away)
- Infant can express 'interest' in feeding (ex. watch others eat)

## 9 – 12 months PASTEURIZED MILK

- Pasteurized Homogenized (3.25% M.F.) cow's milk may be introduced



**Avoid honey** under the age of 12 months old. Honey = only food directly linked to infant botulism, as even pasteurization does not kill the spores of *Clostridium botulinum*.

