

# Developmental Readiness for Complementary Feeding Participant Guide

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# Presentation

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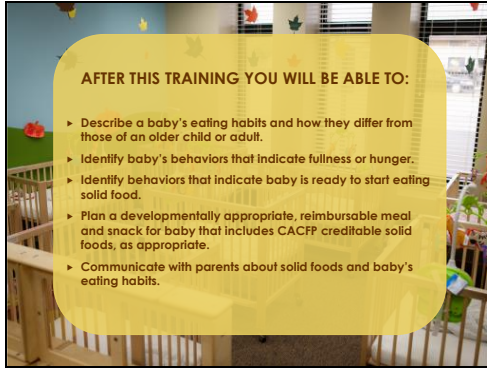
<p>Slide 1</p>	 <p><b>LESSON 2</b> <b>DEVELOPMENTAL READINESS FOR COMPLEMENTARY FEEDING</b> A CACFP TRAINING</p>	<p>Notes:</p>
<p>Slide 2</p>	 <p><b>AGENDA</b></p> <ul style="list-style-type: none"><li>Introduction</li><li>Learning Objectives</li><li>Baby's Eating Habits and Responsive Feeding</li><li>Readiness for Solid Food</li><li>Talking to Parents About Baby's Eating Habits</li><li>Components of CACFP Meals</li><li>Summary</li><li>Activity</li><li>Q&amp;A</li></ul>	<p>Notes:</p>

Slide 3



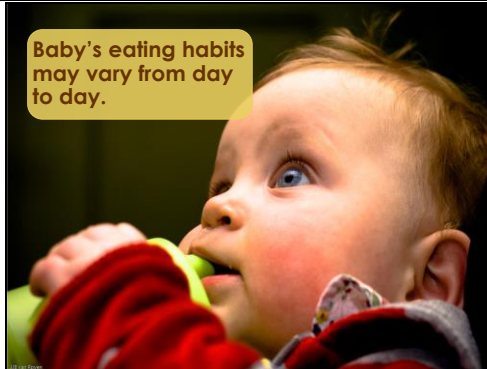
Notes:

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**CACFP Infant Meal Plan**

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6-8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and
	0-4 tablespoons infant cereal <sup>3,4</sup>
	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or
	0-2 ounces of cheese; or
	0-4 ounces (volume) of cottage cheese; or
	0-4 ounces or 1/2 cup of yogurt <sup>5</sup> ; or a combination of the above <sup>6</sup> ; and
	0-2 tablespoons vegetable or fruit or a combination of both <sup>5,6</sup>




Notes:

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**CACFP Infant Snack Plan**

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	2-4 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and
	0-1/2 slice bread <sup>3,4</sup> ; or
	0-2 crackers <sup>3,4</sup> ; or
	0-4 tablespoons infant cereal <sup>3,4</sup> or ready-to-eat breakfast cereal <sup>3,4,5</sup> ; and
	0-2 tablespoons vegetable or fruit, or a combination of both <sup>6,7</sup>

Notes:

<p>Slide 12</p>	 <p><b>SUMMARY</b></p> <ul style="list-style-type: none"> <li>▶ Baby's eating may change from day to day, so remember to feed baby on demand.</li> <li>▶ Don't insist that baby finish all of the bottle or food in the bowl.</li> <li>▶ Be aware of signs of hunger. Remember that crying is a late sign of hunger.</li> <li>▶ Be aware of signs of fullness.</li> <li>▶ Baby will be ready for solids at around 6 months old.</li> <li>▶ Talk to parents about baby's eating habits.</li> <li>▶ Include all food components in CACFP reimbursable meals.</li> </ul>	<p>Notes:</p>
<p>Slide 13</p>	 <p><b>ACTIVITY PLAN A CACFP REIMBURSABLE MEAL</b></p>	<p>Notes:</p>
<p>Slide 14</p>	 <p><b>Q &amp; A</b></p>	<p>Notes:</p>



## For Parents: Is Your Baby Ready for Solid Foods?

Feeding your baby the right foods at the right time helps him or her get the nutrition needed for good health. Your baby will grow to enjoy many types and textures (smooth, lumpy, and so on) of food during his or her first year.

### How Can You Tell When Your Baby Is Ready To Eat Solid Foods?

Your baby is ready to start solid foods if he or she:



- Opens his or her mouth when foods come his or her way or reaches for food.



- Sits in a high chair with good head control.



- Uses his or her tongue to move food from the spoon into his or her mouth. The tongue does not automatically push the food out of his or her mouth.



### Why Does Your Baby Need To Try Solid Foods?

Starting solid foods when your child is developmentally ready is important because:

- Your baby is getting bigger and needs more calories and nutrients that can come from solid foods.
- It gives your baby a chance to try different foods so he or she will like them at an early age and will continue to eat them as he or she gets older.



#### Tip:

Many, but not all, babies show signs that they are developmentally ready for solid foods at around 6 months.