

# GROWING STRONG & HEALTHY Baby

## FEEDING

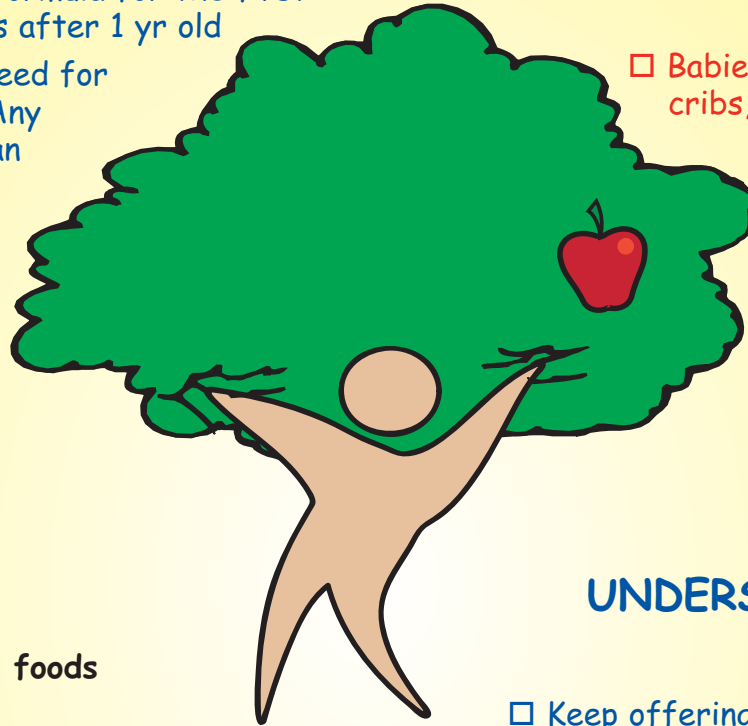
Breast feeding is the best source of nutrition the first year of life and may decrease the risk for overweight children

- Only breast milk or formula for the first year. Cow milk starts after 1 yr old
- Continue to breast feed for as long as possible. Any amount is better than none
- Stop feeding your baby when he acts full by pulling away from the breast or bottle
- No bottles in bed

## SOLID FOODS

The taste for healthy foods starts in infancy

- Offer babies different choices of fruits and vegetables daily
- No fruit juices until at least 6 months old
- Limit fruit juices to 1/2 cup per day



## BABIES NEED TO MOVE

Babies need free movement to develop their muscles

- Place babies on a clean blanket and allow free movement of arms and legs
- Babies should not be kept in cribs, play yards, walkers or swings for long periods of time

## UNDERSTANDING THE ROLE OF FOOD

- Keep offering healthy foods. It may take up to ten times offering a new food before the baby takes it
- Crying does not always mean your baby is hungry. Pick up baby, check diaper, try soothing movement or music to comfort before feeding

## BABIES SHOULD NOT WATCH T.V.

- No T.V., video equipment or computers in a baby's room
- Turn off the T.V. when baby is in the room

**Now is the best time to teach your child good habits that will last a lifetime.**

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