

Attachment J – Research Stimuli for Child Care Providers – English

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How Can I Tell if a Baby is Hungry or Full?

Table 1 How Can I Tell If a Baby is Hungry?

Look for these signs:



- Opens and closes mouth



- Bends arms and legs



- Sucks on lips, hands, fingers, toes, toys, or clothing



- Moves head towards spoon or tries to bring food to his or her mouth



- Reaches or points to food



- Cries. This is a late sign of hunger

- Brings hands to face
- Rooting around on the chest of the person holding the infant

- Gets excited when he or she sees food
- Smiles, stares at the person holding the infant, or coos during feeding

- Uses words or sounds to show he or she wants food
- Makes sucking noises and motions

Table 2 How Can I Tell If a Baby is Full?

Look for these signs:



- Extends arms and legs



- Turns head away



- Pushes food away



- Seals lips together

- Sucks slowly or stops sucking
- Relaxes fingers
- Eating slows down
- Shakes head to say “no more”
- Uses words or sounds to show he or she is done eating
- Plays with or throws food
- Falls asleep
- Looks around and does not pay attention during a feeding

You will normally see more than one of these signs together. When you see more than one sign, it may be time to stop the feeding.

Developmental Readiness



A baby's feeding skills are a good clue of what textures of food the baby may be ready to eat.

All babies develop at their own rate. The foods fed to a baby at different times during their first year of life are based upon the baby's development. This is related to how well the baby can control his or her large and small muscles and digest certain foods. Although age and size are often related to **developmental readiness**, these should not be used as the only factors in deciding what and how to feed babies. A baby's **feeding skills** are a good clue of what textures of food the baby may be ready to eat.

The CACFP infant meal pattern provides flexibility. This allows you, as the child care provider, the ability to feed babies based on their developmental readiness, ensuring that babies get what they need to grow and be healthy. We will talk more about this flexibility later in the chapter.

A Baby's Feeding Skills

As a baby grows and develops, they are able to eat different foods and textures. There are feeding skills a baby will use that will tell you when he or she is ready for a new food.

These feeding skills include:



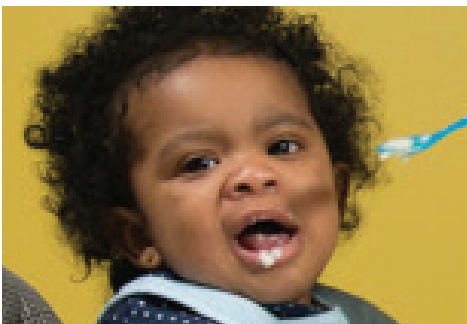
Rooting - When a baby's mouth, lips, cheek, or chin are touched by an object, the baby turns his or her head towards the object and baby opens his or her mouth. This reflex lets a baby find and grasp a nipple.



Suck and swallow - When a baby opens his or her lips and mouth when touched, they start to suck. As liquid moves into the baby's mouth, his or her tongue moves it to the back of the mouth for swallowing.



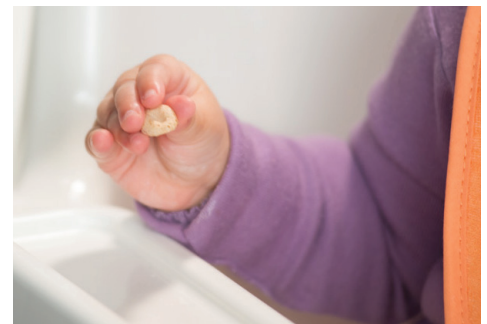
Tongue thrust - When the lips are touched, the baby's tongue moves out of the mouth. This reflex lets babies feed from the breast or bottle, but not from a spoon or a cup. When solid foods are started too early, the baby's tongue thrust reflex may be confused with the baby not liking the food that was given.



Gag reflex - When a spoon or solid food is placed in the mouth, the food is quickly pushed out of the mouth on the tongue. This reflex is an important reason for waiting until a baby is around 6 months old to feed solid foods.



Palmer grasp - When the baby uses his or her whole hand to pick up larger pieces of food or objects.



Pincer grasp - When a baby begins to use his or her thumb and index finger to pick up smaller pieces of food or objects.

Is Your Baby Ready for Solid Foods?

Your baby is around 6 months old and is growing very quickly! Feeding your baby the right foods at the right time is important for their nutrition and 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 can:



- Sit in a high chair with good head control.



- Open his or her mouth when foods come their way or reach for food.



- Use his or her tongue to move food from the spoon into his or her mouth to swallow the food without pushing it out.



Why Do You Need to Give Your Baby Solid Foods?

Starting solid foods at around 6 months of age is important for your baby 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 they will like them at an early age and will continue to eat them as they get older.



Tip:

Remember to continue to give your baby breastmilk or iron-fortified infant formula even after your baby starts eating solid foods.



Have You Already Started Giving Your Baby Solid Foods? Please Let Us Know!

Please complete this handout and give it to your child care provider.

Today's Date:

Baby's Birth Date:

Baby's Name (first and last):

Parent's Name (first and last):

What foods have you given to your baby? _____

Has your baby had an allergic reaction to any foods? _____

Did your baby's health care provider tell you that your baby has a food allergy or intolerance?

Yes No

• If yes, which foods should we not serve to your baby in child care? _____

If your baby has a reaction to a food, who should we call?

Name: _____ Phone number: _____

If your baby has a reaction to a food at child care, is there medication your baby's health care provider said to give to him or her? _____

Are there foods your family does not eat due to religious reasons? Yes No

• If yes, which foods does your family not eat? _____

Is there anything else we should know about what or how your baby eats? _____

Parent's Signature: _____





Breastfed Babies Welcome Here!





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Welcome Here!**

