

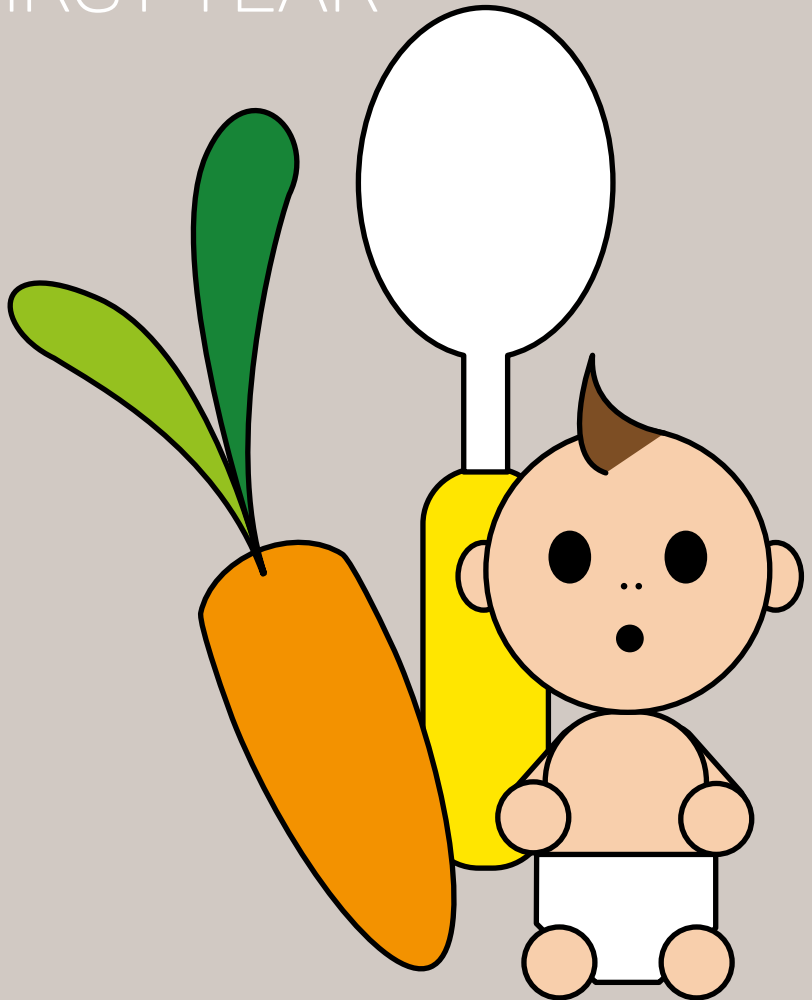


Gesundheitsdepartement des Kantons Basel-Stadt

Medizinische Dienste

► Prävention

NUTRITION PLAN FOR A BABY'S FIRST YEAR

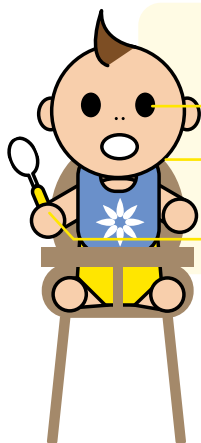


READINESS FOR COMPLEMENTARY FOODS

Mashed and complementary foods can start to be introduced between the start of the 5th month and the end of the 6th month. The following behaviours will tell you if your baby is ready to start eating such foods.



BABY



- will be curious as to what you are eating
- can sit upright with support (e.g. on someone's lap, later on in a high chair) and can hold its head upright
- can grasp an object and lead it to its mouth

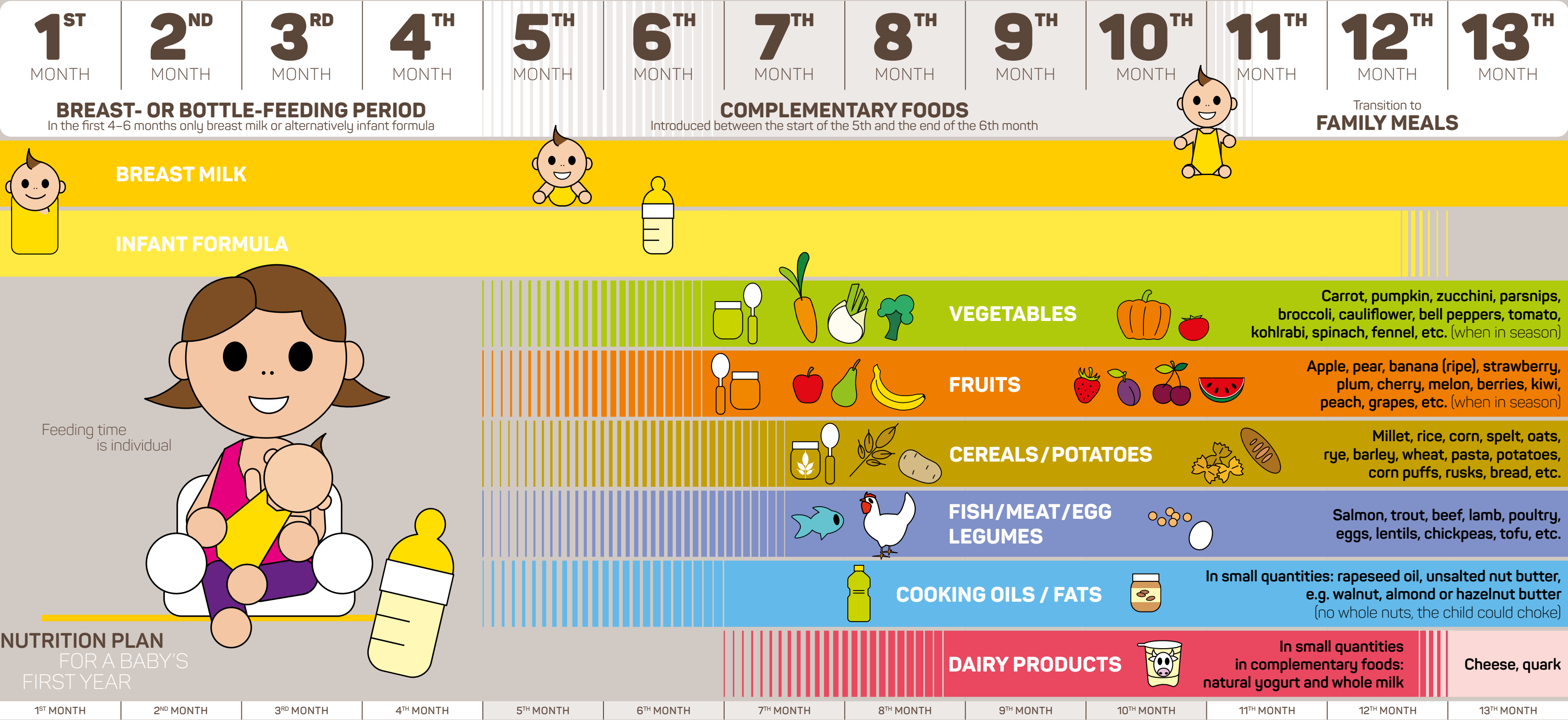
TIPS FOR INTRODUCING COMPLEMENTARY FOODS

- 🥄 Use a **small spoon** and start with small portions. The first attempts at eating these foods will serve primarily to familiarise the baby with solid foods.
- 🥄 After complementary foods, **start with** offering **breast or bottle**, later on water or tea.
- 🥄 **Introduce new foods** at intervals of **3–4 days**, preferably during the day.
- 🥄 **Patience:** The baby needs to become accustomed to and practice eating with a spoon.
- 🥄 **Appetites** will **vary** from child to child and from mealtime to mealtime.
- 🥄 **Be able** to read the **fullness signals** of your child (head turned away, mouth firmly closed, food pushed from mouth) and **do not force the child to eat**.
- 🥄 The **child will need time** to get used to new foods.
- 🥄 Do not place the child's **spoon** in your **own mouth**.

AVOID THE FOLLOWING IN THE FIRST YEAR



Sugar, salt, honey and whole nuts



THE FOLLOWING WILL ADD TO YOUR CHILD'S ENJOYMENT OF EATING

-  **Regular mealtimes, if possible at the dining table.**
-  **A relaxed atmosphere.**
-  **Do not** use **distractions** or games to coerce the child to eat beyond its point of satisfaction.
-  Allow the child to join in at **family mealtimes** (role model function).
-  Support the **independence of your child** by occasionally also allowing it to hold the spoon itself or allowing it to eat small soft pieces with its fingers.
-  Allow the **child to decide** whether and how much it eats.
-  As soon as your child is comfortable with eating mashed or puréed foods, **add new foods to its meal plan.**
-  If your child rejects a food, offer it again at a **later point in time.**

These are general recommendations.
For personalised advice,
please contact
Elternberatung Basel-Stadt
or your paediatrician.



TIPS FOR PREPARING COMPLEMENTARY FOOD USING A VEGETABLE-CEREAL MASH BY WAY OF EXAMPLE

-  Select local vegetables that are in season
-  $\frac{2}{3}$ vegetables, $\frac{1}{3}$ potatoes or cereal
-  Purée the mash finely to start with, later squash more coarsely, then offer as finger food
-  The mash can be stored for up to 24 hours in the refrigerator; alternatively, it can be frozen as portions
-  Add 1–2 teaspoons each of rapeseed oil and fruit juice to the thawed and warmed portion

For personalised advice:


**waise
huus**
Elternberatung BS

Aeschenvorstadt 52/54 | 4051 Basel
Tel. 061 690 26 90
www.elternberatungbasel.ch
www.baslerfamilieninfo

Gesundheitsdepartement Basel-Stadt

Medizinische Dienste | Prävention
Malzgasse 30 | 4001 Basel
md@bs.ch
www.prevent.bs.ch

preVent.bs



Gesundheitsförderung Schweiz
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