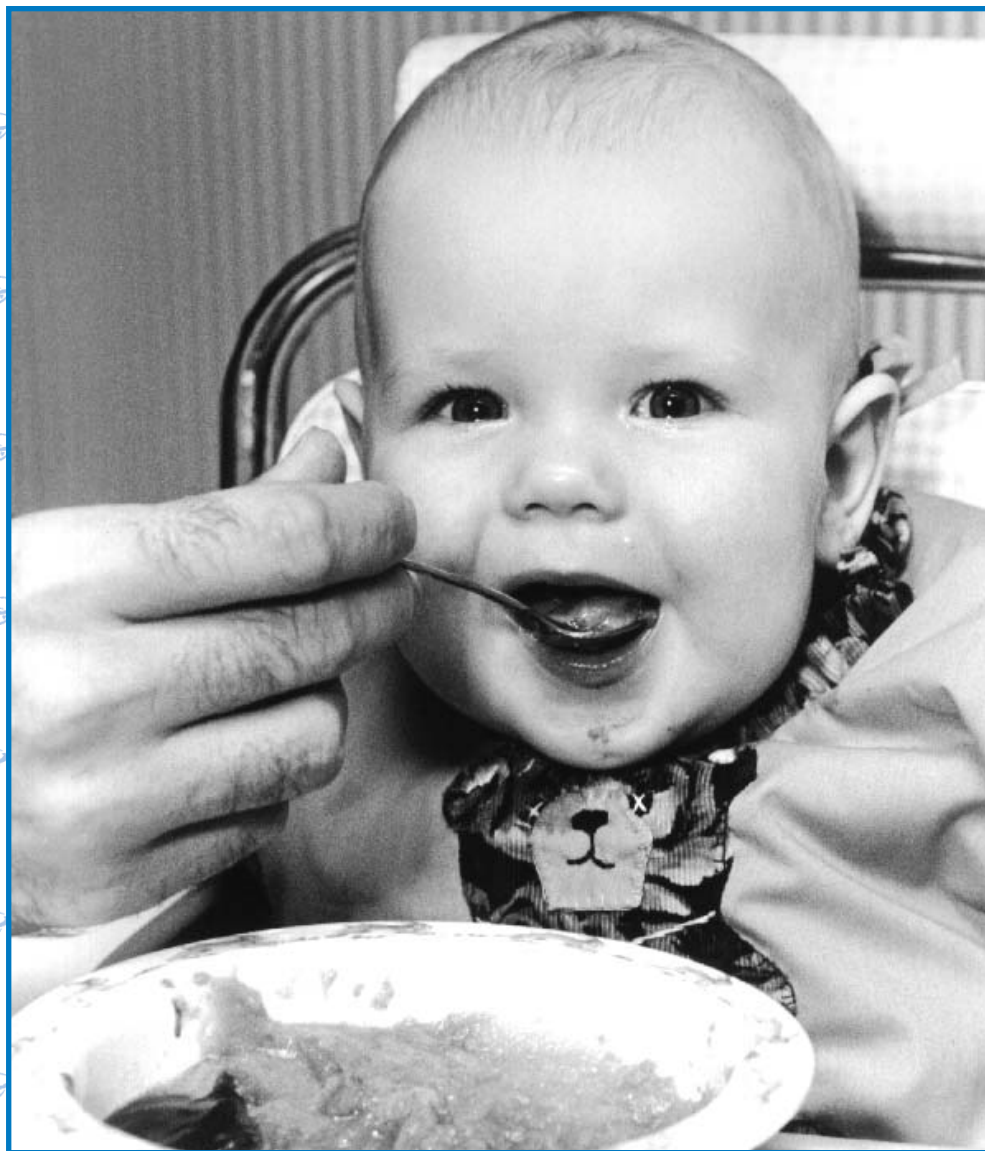


Year One: Food for Baby



**All you need to know about feeding
your baby in the first 12 months.**

Year One: Food for Baby

**All you need to know about feeding your
baby in the first 12 months.**

© Crown copyright, Province of Nova Scotia, 1982, 1985, 1988, 1990,
Fifth edition 1995, 1996, 1997, 1998, 2000, 2001, 2002, 2003, 2004, 2005.

This book was prepared by the Nova Scotia Department of Health, Public Health and Health
Promotion, and published through Communications Nova Scotia.

Writing: Kim Barro, Chris Cotaras. Editing: Nicole Watkins Campbell.
Graphic Design: Karen Brown. Illustration: Bonnie Ross. Cover photo: Doug Ives.

Canadian Cataloguing in Publication Data

Main entry under title:

Year one: food for baby

5th ed.

ISBN 0-88871-324-X

1. Infants - Nutrition. 2. Baby foods. I. Nova Scotia. Dept. of Health

R J 2 1 6 . Y 4 2 1 9 9 5 6 4 9 ' . 3 C 9 5 - 9 6 6 0 0 6 - 2

Public Health Services



www.gov.ns.ca/health/PublicHealth



Contents

Welcome to year one	1
Feel good about yourself!	2
Eat well	2
Canada's Food Guide to Healthy Eating	3
Keep active	6
Feel good about you	7
Immunization	9
Why should you immunize your baby?	9
What should you immunize against?	11
Feeding in the first few months!	14
Your baby's growth and development	14
Only milk for the first 6 months	15
Type of milk—an important decision	16
Other milks and your baby	25
Getting through the first few weeks—infant feeding tips	28
A word about baby's mouth care	28
When will my baby be ready for solids?	30
Weaning and solid foods	31
Weaning	31
Introducing solid foods	32
A word about choking	41
A word about safety	41
Solid food textures	41
Store-bought versus homemade baby foods	42
Tips for making baby's mealtimes enjoyable	44
Year one feeding challenges	45
Colicky baby	46
Constipated baby	47
Diarrhea and baby	48
Fussy baby	49
Gassy baby	51
Sleepy baby	52
Slow weight gain	53
Spits up milk regularly	54
What you'll want to remember during year one	55
Baby food cookbook	56
Preparing safe and healthy baby food	56
Recipes	58
For more information	62

Welcome to year one

It's the first year of your baby's life! As a new parent you have many choices. You also probably have many questions about what's best for your baby. No doubt some of these questions will be about feeding. We have written *Year One: Food for Baby* to help you feed your baby in the healthiest way possible. It is organized into the following important sections:

- Feel good about yourself
- Immunization
- Feeding in the first few months
- How will you know when your baby is ready for solids
- Weaning and solid foods

Feeding your baby, especially in the first year, is very rewarding. It can also be quite a challenge. You will, no doubt, sometimes find yourself wondering what to do. We have devoted an entire section of this book to the most common infant feeding challenges. This should provide you with some suggestions to help you cope.

We hope that *Year One: Food for Baby* will help you and your baby enjoy your first year together.

Feel good about yourself!

One of the most important things you can do for your new baby is to take care of yourself.

During this time, some of the best things you can do for yourself and your family are:

- getting as much rest as you can
- eating sensible foods
- accepting help when it is offered
- talking about your feelings with people you care about.

Eat well

While you were pregnant you were encouraged to eat healthy food. By now this should be a normal part of your lifestyle and your family's.

Remember, eating well means that every day you should try to have:

- regular meals
- foods from each of the four food groups (Meats and Alternatives, Milk Products, Vegetables and Fruit, and Grain Products)
- foods that are higher in fibre
- foods that are lower in fat

When choosing foods to eat, follow *Canada's Guidelines for Healthy Eating* to help you make healthy choices.

- Enjoy a VARIETY of foods.
- Emphasize cereals, breads, other grain products, vegetables, and fruits.
- Choose lower-fat dairy products, leaner meats, and foods prepared with little or no fat.
- Achieve and maintain a healthy body weight by enjoying regular physical activity and healthy eating.
- Limit salt, alcohol, and caffeine.

Canada's Food Guide to Healthy Eating has been developed to help you achieve *Canada's Guidelines for Healthy Eating*. Using *Canada's Food Guide to Healthy Eating* will help you plan meals and snacks that will give the best chance of getting all of the vitamins and minerals your family needs to be healthy.

CANADA'S
Food Guide
TO HEALTHY EATING

Enjoy a variety of foods from each food group every day.

Choose lower-fat foods more often.



Grain Products
Choose whole grain and enriched products more often.

Vegetables & Fruit
Choose dark green and orange vegetables and orange fruit more often.

Milk Products
Choose lower-fat milk more often.

Meat & Alternatives
Choose leaner meats, poultry and fish, as well as dried peas, beans and lentils more often.

CANADA'S
Food Guide
TO HEALTHY EATING
FOR PEOPLE FOUR YEARS AND OVER

Different People Need Different Amounts of Food
The amount of food you need every day from the 4 food groups and other foods depends on your age, body size, activity level, whether you are male or female and if you are pregnant or breast-feeding. That's why the Food Guide gives a lower and higher number of servings for each food group. For example, young children can choose the lower number of servings, while male teenagers can go to the higher number. Most other people can choose servings somewhere in between.

<p>Grain Products 5-12 SERVINGS PER DAY</p>	<p>1 Serving</p> <ul style="list-style-type: none"> 1 Slice 30 g 1 Cup of cereal 175 mL Hot Cereal 3/4 cup 1 Bagel, Pie or Bun 	<p>2 Servings</p> <ul style="list-style-type: none"> 250 mL Pasta or Rice 1 cup
<p>Vegetables & Fruit 5-10 SERVINGS PER DAY</p>	<p>1 Serving</p> <ul style="list-style-type: none"> 1 Medium Size Vegetable or Fruit 125 mL Juice 1/2 cup 	<p>1 Serving</p> <ul style="list-style-type: none"> 125 mL Juice 1/2 cup
<p>Milk Products 2-3 SERVINGS PER DAY</p> <p><small>Years 10-14 years 3-4 Adults 3-4 Pregnant/breast-feeding 3-4</small></p>	<p>1 Serving</p> <ul style="list-style-type: none"> 250 mL Milk 1 cup 3 1/2 x 1 1/2" Cheese 50 g 2 Slices 50 g 	<p>1 Serving</p> <ul style="list-style-type: none"> 175 g Cheese 3/4 cup
<p>Meat & Alternatives 2-3 SERVINGS PER DAY</p>	<p>1 Serving</p> <ul style="list-style-type: none"> 50-100 g Meat, Poultry or Fish 100-200 g Beans 100 g Tofu 1/2-2/3 Can 50-100 g 1-2 Eggs 	<p>1 Serving</p> <ul style="list-style-type: none"> 30 mL, 2 Tbsp Peanut Butter 1/3 cup

Other Foods

Taste and enjoyment can also come from other foods and beverages that are not part of the 4 food groups. Some of these foods are higher in fat or calories, so use these foods in moderation.



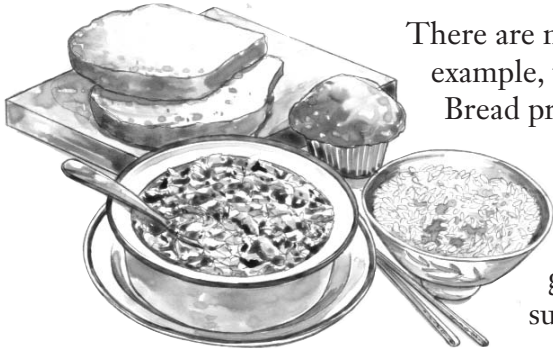
Enjoy eating well, being active and feeling good about yourself. That's VITALIT²



© Minister of Supply and Services Canada 1992. Cat. No. H95-252/1992E. No changes permitted. Reprint permission not required. ISBN 0-662-19648-1

Grain Products—Grain products provide energy for growth and activity. They also provide important nutrients such as:

- iron for healthy blood cells
- zinc for growth and development
- B vitamins to help protect against infection
- dietary fibre to improve intestinal and bowel function



There are many types of grain products available today in Nova Scotia. For example, wheat, barley, oats, brown rice, couscous, and enriched pastas.

Bread products such as whole wheat, pumpernickel, rye, and multi-grain rolls and bagels can change a simple sandwich into an appealing snack or meal option.

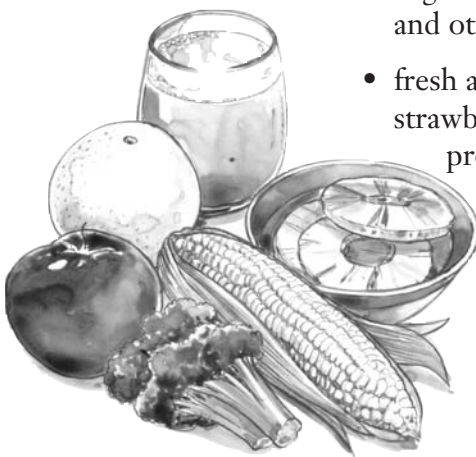
Don't forget breakfast is a good time to use whole grain foods to get the day off to a good start. When choosing breakfast foods, such as cereals, try to pick those lower in fat and sugar.

Vegetables & Fruit—Dark green and orange varieties of vegetables and fruit tend to be higher in vitamins A and C, which are thought to help protect you against cancer and heart disease.

Folic acid is found in many vegetables and fruit such as spinach, brussel sprouts, broccoli, cauliflower, oranges, and fresh and frozen orange juice. This vitamin is known to help prevent neural tube defects, such as spina bifida, in the developing fetus. Including good sources of folic acid in your diet may help prevent neural tube defects in future pregnancies.

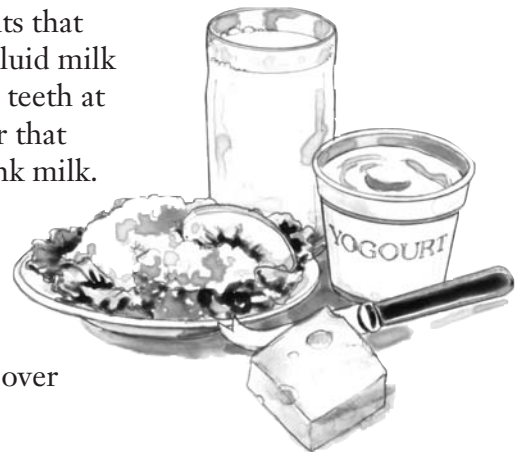
Eating more vegetables and fruit is easy and is not more expensive. Try these ideas:

- drink fruit juices instead of pop or fruit drinks
- try fresh vegetable sticks and low fat dip as part of a fast food lunch
- try to make sure that your meals always contains at least one non-potato vegetable—peas, green beans, carrots, cabbage, squash, broccoli, spinach and other greens, zucchini, turnip, and kale
- fresh apples, oranges, pears, bananas, as well as blueberries and strawberries when in season, make a tasty dessert and need little or no preparation
- frozen or canned fruit and vegetables are another option



Milk Products—The Nova Scotia Nutrition Survey clearly highlights that many Nova Scotian women are not drinking enough milk. If you are one of these women your body may not be getting some of the key nutrients that milk products supply. Milk products provide calcium and protein. Fluid milk also has vitamin D added. Calcium is important for good bones and teeth at any age. There is no proven reason, other than a test by your doctor that confirms milk protein allergy, to suggest that people should not drink milk. Even if you have been diagnosed with lactose intolerance you can enjoy milk that has been pre-treated with lactose enzyme drops. If you need more information on lactose intolerance, contact your doctor, hospital dietitian, or local public health nutritionist.

When choosing milk products for yourself and for family members over the age of 2 years—choose those with lower fat like 2%, 1%, or skim milk, and lower-fat cheese and yogurt.



Meat and Alternatives—Meat and alternatives include chicken, fish, pork, beef, legumes, nuts, peanut butter, seeds, and tofu. These foods have protein, iron, and B vitamins necessary for good health. Legumes (such as lentils, peas, and beans) are also high in fibre. As an added bonus legumes are often much cheaper than meat. They also taste great!

Canada's Guidelines for Healthy Eating suggests that we choose leaner meats. The fat content of foods in this food group varies widely. Processed meats (cold cuts, salami, hot dogs, or wieners) are usually higher-fat meat choices. Chicken, pork, and lean beef have less fat than processed meats. Lentils and some fish have even less fat.

Try using more meat alternatives such as beans, peas, and lentils. For example:

- Mexican chili—heavy on the beans and light on the meat
- Homemade baked beans (watch the amount of pork fat you add!)
- Minestrone soup
- Split pea soup
- Bean and vegetable burritos

Check out friends and family or the cookbook section at your local library for more ideas. Your public health nutritionist may also be able to supply some creative suggestions.



Other Foods—*Canada’s Food Guide to Healthy Eating* now has a category called “Other Foods” which covers foods that add flavour and enjoyment to meals and snacks but which do not fit into the four food groups.

Foods found in the Other Foods category should be used in moderation because they provide fewer of the nutrients needed for growth and development.

The Other Foods category includes:

- foods that are mostly fats and oils such as butter, margarine, all types of salad and cooking oils, gravy, and regular salad dressings
- foods that are mostly sugar, for example, popsicles, candy, jams, and jellies
- high fat and/or high salt snack foods, for example, potato chips, corn chips, and cheesies
- non-milk or fruit juice beverages, for example, soft drinks, fruit drinks, tea, and coffee
- herbs, spices, and condiments, for example, ketchup, salt, and pickles

It’s what you eat over time that is important to health. Healthy eating can include Other Foods in moderation. No one food is bad or harmful to health. Healthy eating habits are created by eating many different foods and eating in moderation.

Keep active



Keeping active after your baby is born is important. Healthy activity can help your body adjust after delivery and can help it return to its pre-pregnant state. Healthy activity after your baby is born can:

- improve your blood circulation
- help restore your muscle strength
- build up your energy
- help you feel better and more relaxed

Don’t feel bad if you can’t be as active as you would like to be. If you can fit activity into your routine, fine; if you can’t right away, make plans to begin when you feel you can.

Start off slowly, maybe with walking or swimming. The Healthy Activity section of the *New Life* book you got while you were pregnant can help. It contains information about starting your own walking program. If you did not go to prenatal classes, contact your local Public Health Services office for a copy of this book. You could also contact your local recreation department or the YWCA for help with developing an activity program that’s right for you.

Listen to your body and try not to overdo it. If you have any pain or tiredness try slowing down or changing to a different activity. After about 8 weeks you should be able to participate fully in all of your favourite activities. Find an activity, enjoy it, and have fun!

Eating well and staying active are just two ways to get the most out of life. It's also important to feel good about yourself.

Soon after your baby's birth—usually about 3 to 5 days—you may find that you don't feel as happy as everyone seems to think you should. You may feel tired, moody, irritable, tearful, helpless, or overwhelmed.

Most mothers find that these feelings, called “postpartum blues,” pass quickly. They may come back on and off for a few weeks or months, but they don't usually last for long. Remember, a lot has changed for you and your family in the last few weeks. Resting and spending time with your baby and other people you care about will help with this adjustment. The following are a few more suggestions to help you feel good about yourself.

- Pick up your baby and look at both of you in the mirror. Look at the miracle you have helped to create. **BE PROUD!**
- Talk to your baby about yourself. Tell your baby at least 5 things that make you a special family.
- Talk about your feelings with your partner, family, and friends.
- Take time out for you. Leave your baby with your partner or a trusted family member or friend and do something just for you.

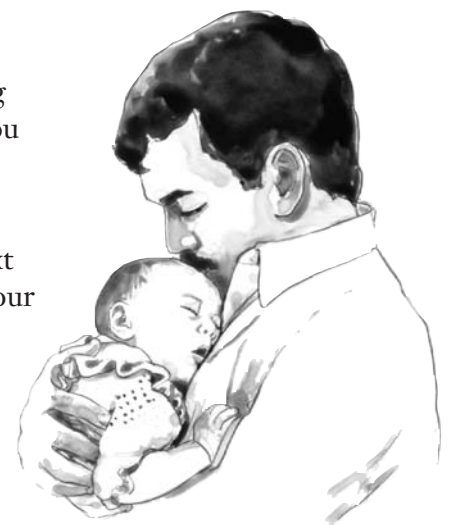
For more information on coping with the postpartum blues see the Healthy Family section of the *New Life* book you received if you attended prenatal classes. If you did not go to prenatal classes, contact your local Public Health Services office for a copy of this book. If you need more help dealing with your feelings, contact your doctor or local public health nurse.

Take a fresh approach to living. Enjoy eating well, being active, and feeling good about yourself. The following checklist will help you see how well you are treating yourself.

Checklist: Are you looking after you?

Check to see how well you are treating yourself. If you can put a check next to each of these questions, keep it up! Your lifestyle habits will help you, your baby, and your family members keep healthy.

*Feel good
about you*



If you can't check all of these, don't give up! Change isn't always easy. It takes time and effort. Look at the things you need to change and think about how you can start with one or two changes. When these are part of your lifestyle think about another change or two you can make. Remember, these changes are not just important to help you get through the first few weeks of your baby's life. These suggestions help you to develop a healthy lifestyle that you, your baby, and all your family members will want to follow to get the most out of your lives!

On most days, do you:

- eat a variety of foods from each of the 4 food groups?
- eat whole grain bread and cereal?
- eat at least 5 servings of vegetables and fruit?
- eat regular meals and snacks?
- drink water?
- limit caffeine intake? (drink less than 3-4 cups of coffee, tea, or cola)
- eat fatty, salty, or sweet foods in moderation?
- ask for help when you need it?
- rest during times when you are able?
- leave the beds unmade sometimes?
- enjoy some sort of physical activity such as walking, biking, aerobics?
- drink alcohol in moderation?
- not smoke?
- tell yourself one special thing about yourself?
- smile at least 5 times?



Immunization

Supporting your baby's growth through good feeding is one of the best gifts you can give your baby this year. Another is protecting her against illness by making sure she is immunized. Immunizations protect children from some diseases and help their bodies to fight off others. Even if you're breastfeeding your baby, immunization is needed to provide protection against vaccine preventable diseases.

Choose to immunize your baby and give her her best chance at a lifetime of good health.



Good preventive health practices include regular check-ups and immunizations for your baby. Your public health nurse or doctor will give your baby immunizations to protect against illness. Immunization, or vaccination, is part of regular health care and should be followed according to the immunization schedule.

If your baby has not been immunized as outlined in the schedule on page 10, consult your doctor or local Public Health Services office.

Immunizations are the very best way to protect your baby from certain disease. In the early months, your baby will receive:

- **DaPTP/Hib**, for protection against diphtheria, polio, tetanus, pertussis, and haemophilis influenzae type b,
- **Pneumococcal conjugate** for protection against pneumococcus bacteria that can cause meningitis, bacteremia and pneumonia,
- **Meningococcal group C conjugate** for protection against strain C of meningococcal disease this includes meningococemia and meningitis,
- **Varicella** for protection against chickenpox,
- **MMR** for protection against measles mumps and rubella, and,
- **Influenza** for protection against the flu.

Why should you immunize your baby?

Nova Scotia Immunization Schedule

<i>Age</i>	<i>Vaccine</i>	<i>Protects Against</i>
2 months	1 dose DaPTP, Hib 1 dose Pneumococcal conjugate (For babies born January 2005 and after)	Diphtheria, Pertussis (Whooping Cough), Tetanus, Poliomyelitis (Polio), and Haemophilus Influenzae type b Bacterial meningitis, pneumonia, otitis media
4 months	1 dose DaPTP, Hib 1 dose Pneumococcal conjugate (For babies born January 2005 and after)	Diphtheria, Pertussis (Whooping Cough), Tetanus, Poliomyelitis (Polio), and Haemophilus Influenzae type b Bacterial meningitis, pneumonia, otitis media
6 months	1 dose DaPTP, Hib 1 dose Pneumococcal conjugate (For babies born January 2005 and after)	Diphtheria, Pertussis (Whooping Cough), Tetanus, Poliomyelitis (Polio), and Haemophilus Influenzae type b Bacterial meningitis, pneumonia, otitis media
12 months	1 dose MMR 1 dose Varicella 1 dose Meningococcal Group C conjugate (For babies born January 2004 and after)	Measles, Mumps and Rubella (German Measles) Varicella (Chickenpox) Meningococcal Group C disease
18 months	1 dose DaPTP, Hib 1 dose Pneumococcal conjugate (For babies born January 2005 and after)	Diphtheria, Pertussis (Whooping Cough), Tetanus, Poliomyelitis (Polio), and Haemophilus Influenzae type b Bacterial meningitis, pneumonia, otitis media
4 to 6 years	1 dose DaPTP 1 dose MMR	Diphtheria, Pertussis (Whooping Cough), Tetanus and Poliomyelitis (Polio) Measles, Mumps and Rubella (German Measles)
12 months to 6 years	1 dose Varicella, if not immune	Varicella (Chickenpox)
Annually for children 6 to 23 months	1 dose Influenza	Various strains of Influenza (flu)

What should you immunize against?

DaPTP

Diphtheria

Diphtheria is caused by a bacteria. The disease can vary from mild to severe. Diphtheria causes an infection of the nose, throat, or skin. It may cause serious problems with breathing. It may also cause heart failure or paralysis. About one out of every ten who get diphtheria die from it. Diphtheria is preventable through immunization.

Polio

Polio is caused by a virus. The infection can also vary from mild to severe. Polio may cause permanent paralysis of the arms and legs or the muscles used for breathing or it may even cause death. Polio continues to be a major public health problem in many parts of the world. Immunization is the best protection against this disease.

Tetanus

Tetanus is caused by a bacteria. It results in painful, severe muscle spasms. It is a very serious illness. Tetanus bacteria are found in the soil and can enter the body through a cut or wound. Since soil is everywhere around us, it is important that all Nova Scotians receive tetanus protection through immunization.

Pertussis (Whooping cough)

Pertussis is caused by a bacteria. It may cause severe coughing spells which can affect breathing and last for weeks or months. Pertussis usually lasts 6–12 weeks. It may cause pneumonia or convulsions and even death in some cases. Pertussis is preventable through immunization.

Hib

Hib (Haemophilus Influenzae type b) is caused by a bacteria which usually attacks children under age five. It causes meningitis (infection of the membranes that cover the brain and spine) and epiglottitis (swelling of the tissue that covers the windpipe). It is a life-threatening disease that may also cause pneumonia, infection of the joints or bone and other serious illnesses. Hib is preventable through immunization.

MMR

Measles

Measles is a serious common childhood disease caused by a virus. It causes a rash, high fever, cough, runny nose, and watery eyes lasting 1 to 2 weeks. Measles may cause encephalitis (inflammation of the brain) which occurs about one case in 1000 people. It may result in convulsions, mental retardation, deafness, or even death. Measles is preventable through immunization.

Mumps

Mumps is a common childhood disease caused by a virus. It causes fever, headache and inflammation of the salivary glands which causes cheeks to swell. It may cause meningitis, encephalitis and deafness. Mumps can be prevented through immunization.

Rubella (German measles)

Rubella is caused by a virus. This disease is generally mild and may have symptoms that include a rash, low fever, and enlarged lymph nodes. It can be prevented by immunization. A pregnant woman who comes in contact with German measles and has not been vaccinated against it can infect her baby. This contact can have serious results for the baby. Early protection is very important.

Varicella

Chickenpox

Chickenpox is a common disease of childhood caused by the varicella virus. Chickenpox causes an itchy rash, which looks like small water blisters. Chickenpox is highly contagious. Up to 95% of children will get chickenpox before the age of 15. Chickenpox can be very severe or even life-threatening to newborn babies, infants, adults, and those who have weak immune systems. Chickenpox can cause severe pneumonia or problems with other organs such as the brain, the liver and the heart. If the chickenpox blisters get infected, they can leave disfiguring scars. Pregnant women who get chickenpox may give birth to babies with birth defects, such as skin scars, eye problems, or incompletely formed arms or legs. Chickenpox can be prevented through immunization.

Pneumococcal disease

Pneumococcal disease is caused by bacteria (*Streptococcus pneumoniae*) known as pneumococcus. On rare occasions, these bacteria can overcome the body's natural defenses and cause serious, or life threatening, diseases. This includes infection of the lining of the brain, a widespread infection involving the blood and multiple organs, and/or infection of the lungs. Pneumococcal bacteria are also an important cause of middle ear infections. Pneumococcal disease is preventable through immunization.

Meningococcal Group C disease

Meningococcal Group C disease is caused by a bacteria (*Neisseria meningitidis*) known as meningococcus. This bacteria sometimes overcomes the body's natural defenses and causes serious, or life threatening diseases. This includes infection of the lining of the brain and/or a widespread infection involving the blood and multiple organs. Some children can become deaf or suffer from kidney damage, amputations, hearing loss or skin scars. Meningococcal Group C disease is preventable through immunization.

Influenza

The flu vaccine protects against influenza. The flu vaccine is particularly important for babies between 6 months and 23 months of age and those who have a health condition. The flu will be more severe for them, and can lead to death. Because the flu can be dangerous for infants and people with a health condition, it is important that their caregivers and health care workers get an influenza vaccination. Children under age 9 who have never had a flu shot need two flu shots, four weeks apart.

If you have more questions, talk to your doctor or Public Health Nurse.

Feeding in the first few months



New parents sometimes feel confused by different advice from well-meaning friends or relatives about feeding their baby. Deciding what and how to feed your baby are some of the most important decisions that you will make in the first year.

Remember that there is no “exact recipe” on how to feed your baby. You will soon find out that every baby is different.

This book is only a guide. Some of the best signals you will get will come from your baby. Your developing relationship will help you to become more comfortable with decisions and actions about feeding. You will learn from each other.

Your baby's growth and development

Your doctor keeps an eye on your baby's growth and development by keeping a growth chart, which shows weight and length changes over time. Your regular well-baby visits to your doctor or health clinic are the time when your baby will be weighed and measured. These visits should help you to feel more relaxed and reassure you that your baby is doing fine.

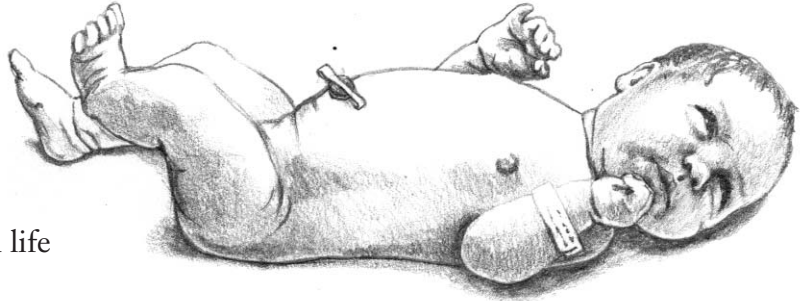
There are some general guidelines you can use to judge your baby's weight gain: most babies double their birthweight by 4 to 6 months and triple it by 1 year. Remember—all babies are different. There will be big and small babies just as there are big and small adults.

Sometimes, weight gained too quickly or too slowly can be of concern to parents. See the sections dealing with weight issues on pages 53 for more help with this matter. If you are concerned, talk to your doctor, public health nurse, hospital dietitian, or public health nutritionist.

Growth spurts

Growth spurts are periods when your baby is growing more quickly. They are quite normal. Most babies have growth spurts around 10 days, 3 weeks, 6 weeks, 3 months, and 6 months.

During a growth spurt your baby will be very hungry and will want to be fed often. In order to satisfy him you may be tempted to begin feeding your baby a solid food such as infant cereal. Milk is all that your baby needs in the first 6 months of life. Feed him more breast milk or formula at a feeding and/or feed him more often if he is still hungry. Watching your baby grow and develop is very exciting for parents. This is a time of wonder as you enjoy the miracle of human life and growth.

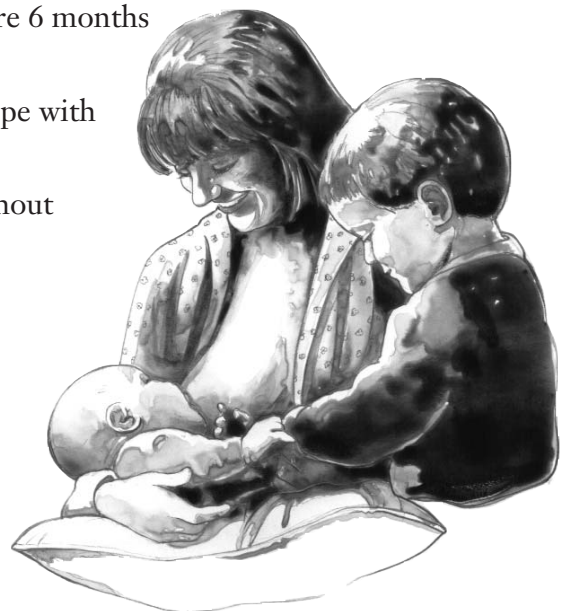


The first few weeks and months after your baby's birth can be stressful and you may often feel tired and irritable. You may be overwhelmed with well-meaning advice. Even if you feel pressure from friends, relatives, or your partner, it is important that you continue to make wise decisions about what you feed your baby. There are many who believe that feeding infant cereal from a spoon or in a bottle helps baby sleep through the night or helps reduce colic. There is no proof to support these beliefs. In fact, one of the worst things you can do for your baby is to feed solid foods, like infant cereal, too soon.

***Only milk
for the first
6 months!***

Until your baby is 6 months old she will need nothing but breast milk or infant formula. In fact, most babies can wait until 6 months for solid foods. Introducing solid baby foods like infant cereal (pablum) before 6 months can be harmful because:

- your baby's digestive system is not developed enough to cope with solid baby food
- your baby may not be able to swallow solid food safely without the danger of choking
- feeding solid foods too soon can also lead to allergies, or other discomforts, such as cramps or gas



Type of milk—an important decision

The type of milk that you choose is important for your baby's growth and development. Whether your choice is breast milk or commercial infant formula, they both supply all of the nutrients your baby needs. However, there are some differences between these milks that may influence your decision. Read on to find out more about milks.

Breast milk and your baby

Breastfeeding is nature's choice and the easy way to feed your baby. There are many benefits to breastfeeding that make it the best milk choice for your baby.

Breast milk

- is an easy food for your baby to digest as it is made just for your baby
- provides protection from infection
- costs less than formula
- needs no heating

Breastfeeding:

- helps to develop a special bond between you and your baby
- supports good jaw development
- helps you feel good about yourself
- reduces the risk of your baby developing allergies
- allows your baby to take just the amount of milk that she needs

If you are breastfeeding, you should have received a copy of *Breastfeeding Basics*. If you did not receive a copy of this book, contact your local Public Health Services office for your copy. It covers topics such as the importance of your fluid intake, your food choices, and alcohol, nicotine, and caffeine intake while breastfeeding. It also tells how to pump, store, and freeze your breast milk.

Nutrition and breast milk

Breast milk contains a type of fat and protein that is very easily digested by your baby. Breast milk is very high in carbohydrate in the form of a sugar called lactose. This carbohydrate provides a quick source of energy that your growing baby needs. Breastfed babies, in general, have less colic, upset stomach, constipation, and diarrhea, and fewer ear infections than formula-fed babies.

Breast milk is the perfect food for babies, designed by nature to meet their changing nutritional needs. It is also unique among milks because it develops in three stages as your baby feeds and grows:

Colostrum is the special first feed for your baby. It contains all the nutrition your baby needs over the first 2 or 3 days of life. Colostrum is also your baby's first boost of antibodies, which help him fight off disease.



Transitional milk is the milk that develops during the period of 4 to 15 days after birth. It is called transitional milk because it is changing from colostrum to mature milk. This change occurs in response to your baby's feeding needs.

Mature milk starts to come about 2 weeks after birth. It is a special milk designed to quench thirst and provide high nutrition. Mature milk is a mixture of foremilk and hindmilk. Foremilk comes at the beginning of each feeding. It is low in fat and appears watery like skim milk. Hindmilk comes when let-down happens. It is high-calorie, fatty white milk, just what your baby needs.

Vitamin and mineral supplements for the breastfed baby

Vitamin D

All Canadians need vitamin D supplements because of the limited amount of sunlight in our northern climate. Sunlight is the main natural source of vitamin D for humans and vitamin D is needed to develop healthy bones and teeth.

Health Canada recommends that all breastfed, healthy term infants in Canada receive a daily vitamin D supplement of 10 ug (400 IU). Babies taking fortified formulas do not need a vitamin D supplement because it is already in their formula.

Vitamin D supplementation should begin at birth and continue until the infant's diet includes at least 10 ug (400 IU) per day of vitamin D from other foods or until your breastfed infant reaches one year of age.

A note about babies and sunlight:

Babies under 1 year of age should be kept out of direct sunlight. Even on cloudy days up to 80% of the sun's rays can go through light clouds, mist and fog. Try to avoid the sun during the peak times of 10:00 a.m. to 4:00 p.m. Sunscreen should not be put on your baby's skin under 6 months. You can put sunscreen with SPF 15 or 30 on your children over 6 months of age before you take them outside.¹

Fluoride

Your baby will use fluoride to make strong bones and teeth with enamel that fights cavities.

Your baby should not require a fluoride supplement.

Fluoride supplements are not usually recommended before the first permanent tooth comes in (usually between five and seven years of age). If you have a family history of poor dental health or if you have questions about fluoride supplementation, please talk with your dentist.

¹ The information on sun safety is from the Canadian Dermatology Association and Canadian Cancer Society.

Iron

Iron is needed to help your baby make healthy blood.

Full-term infants are born with some stored iron. Breastfed babies get all the additional iron they need from their mother's milk because the iron in breast milk is absorbed really well. By 6 months, most babies are ready for solid foods. This is when an iron fortified infant cereal should be given to compliment the iron she is getting from milk. See page 30 for more information on the introduction of solid foods.

If you are advised by a health professional to give an iron supplement, be careful how you give it. Iron supplements, which are given as drops, can stain your baby's teeth if the liquid touches them. Be sure to ask your pharmacist about the best way to give your baby an iron supplement.

Other supplements

There are other infant vitamin and mineral supplements available. Your baby does not need these. Breast milk will provide all of the other nutrients that your baby needs.

Combination feedings: breast milk with other milks

Once breastfeeding is well established, you may decide to feed your baby a commercial infant formula in addition to breast milk. Mothers who return to work sometimes choose to feed their babies an infant formula rather than pump breast milk while they are away.

If you decide to give your baby infant formula for some feedings, you must first make sure that you have a good milk supply. This usually takes 4 to 6 weeks of breastfeeding only, without offering other milks. The longer your baby feeds just at the breast, the better your body becomes at making milk. If you take your baby away from the breast for some feedings before your milk has fully come in, you may be risking your chances of continuing to breastfeed successfully.

Do not offer infant formula even if you feel that your milk supply is not keeping your baby satisfied. This often appears to be happening when your baby is having a growth spurt. If breastfeeding is not going as well as you would like, feeding your baby infant formula will not help the situation. Contact a public health nurse, lactation consultant, or a local breastfeeding support group to get help right away. A baby satisfied with infant formula will suck less at the breast and this will reduce your milk supply.

When trying combined feedings do it in steps. Start by replacing one feed with a chosen formula. Make sure you read about formula feeding (pages 19 to 24) in this book. Often the first and last feeds of the day are best kept as special breastfeeding moments. For more information on the special concerns of weaning the breastfed baby see page 31.

Breastfeeding is best

Breastfeeding is nature's choice, and only you can give this to your baby. Treasure the moments that your breastfeeding relationship brings to you, your partner, and your family. Don't forget that partners and other family members can be part of the feeding experience, even while your baby is being breastfed. Breastfeeding moments can be a special time to bond together as a family. While a mother is breastfeeding, the baby will also enjoy being talked to, sung to, or having his face lightly stroked by another important member of his family. After the feed other family members can join in the fun by burping the baby or having a big family hug!

If you have any other questions about breastfeeding your baby, make sure you contact your doctor, public health nurse, a lactation consultant, or your local breastfeeding support group.

Commercial formula and your baby

Infant formulas are designed as closely as possible to be like breast milk. They are, in fact, breast milk substitutes. However, only breast milk can give your baby the protective benefit of colostrum.

You will need to choose an infant formula if:

- you decide not to breastfeed your baby
- you wish to combine formula feeding with breastfeeding
- you decide to stop breastfeeding your baby

Nutrition and commercial formula

From the time your baby is born, you can feed her from a wide choice of infant formulas. The nutritional content of all formulas is almost the same. The differences among the formulas are generally in the types of protein and sugar that they use. When choosing a formula, keep in mind cost and your baby's needs.



The following table gives you more information on the types of commercial infant formulas that can be used for your baby from birth.

Type	Made from	Designed for	Some name brand examples
STANDARD	COW'S MILK Protein: whey and/or casein Sugar: lactose	Healthy full term infants	President's Choice Enfalac
STANDARD WITH IRON	COW'S MILK Protein: whey and/or casein Sugar: lactose	Healthy full term infants and or infants for whom extra iron has been recommended	President's Choice with Iron Enfalac with Iron Nestle Good Start Similac Advance
SOY-BASED*	SOY PROTEIN LACTOSE FREE Sugar: corn syrup and sucrose	Infants who have been diagnosed after testing to be allergic to cow's milk protein	Isomil Enfalac Prosoabee Alsoy
HYDROLYZED* PROTEIN	Smaller protein fragments	Infants who have a digestive disorder or are allergic to both cow's milk and soy protein	Enfamil Nutramigen Enfalac Pregestimil Alimemtum
LACTOSE FREE*	Cow's Milk Protein (casein and whey) Sugar: corn syrup and sucrose	Infants who have trouble digesting the sugar normally found in cow's milk.	Similac Advance LF (lactose-free) Enfalac Lactofree

*Your doctor may recommend that you try one of these formulas or you may decide to change to one of these formulas if a standard formula upsets your baby. Since these formulas were developed for babies with special needs, they tend to cost more. Be very sure that your baby really needs this type of formula before starting to use one of them.

A word about follow-up formulas

There are also formulas available that are designed for babies over 6 months of age. Brand-name examples of these are Next Step and Carnation Follow Up.

These formulas have been developed for babies that are older than 6 months of age. **DO NOT USE THIS TYPE OF FORMULA WITH BABIES YOUNGER THAN 6 MONTHS.** Regular or follow-up formulas are a preferred alternative to cow's milk from 6 months until 9–12 months of age.

These formulas are different because they have been made to try to meet the changing needs of the older infant. Some of these changes make these formulas unsuitable for use with younger babies, who have high nutrient needs. If your baby is at least 6 months old and on standard formula and you are happy with his progress, there is absolutely no need to switch to a follow-up formula. You may switch to homogenized milk (3.25% milk fat); using any other forms of milk is not recommended (for example: skim, 1%, 2% etc.).

Forms of formulas

Formula is also sold in several different forms. When choosing a formula, keep in mind cost, your baby's needs, and local availability.

Concentrated liquid: One can of formula must be mixed with one can of boiled, cooled water as written on the label. This is generally a less expensive form of formula.

Powder: Powdered formulas must also be mixed with boiled, cooled water in the exact amounts given on the label. Powdered formula is usually a cheaper form of formula.

Canned or bottled, ready to serve: This formula is ready to serve from the can or bottle. This is the most expensive form of formula, but it can be useful if you have to travel while your baby is young.

When mixing formulas it is important to follow directions and to measure carefully. If the formula contains too much or too little water, it could cause your baby to get sick, or not get enough nutrients to meet his needs.

Bottles

There are several different kinds of bottles:

- Standard glass or plastic bottles: If you use these, you'll need:
 - 6–8 bottles
 - 6–8 caps
 - 6–8 screw-on rings
 - 10–12 plastic (latex) nipples (Be sure to replace nipples when they change colour or become sticky or cracked)
- Disposable plastic bottle liners: You'll need:
 - 6–8 bottle holders
 - rings and caps
 - disposable bottle-liners

Glass bottles, well washed and rinsed several times, are less likely to cause allergic reactions than plastic bottles or bottles with disposable liners.

Do not use plastic bottle with liners in the microwave. They can weaken and burst.

Preparing formula

It is important to keep everything clean when making formula. Follow these steps to make sure that your baby's formula is safe and germ-free. If you have any questions about preparing formula call your Public Health Services Office (page 62) and speak to a Public Health Nurse.

1. **START BY WASHING YOUR HANDS.** Then make sure that all equipment used for making formula is washed well including bottles, nipples, etc. Use hot soapy water and rinse equipment well with hot water that has been boiled. It is best if you can let the equipment air-dry rather than using a tea towel or drying cloth.
2. **Mix the formula.** Begin by reading all the instructions printed on the formula container. Formulas must also be mixed with cooled water after it has been boiled for 2 minutes; use the exact amounts according to the label. If powdered formula is used, prepare only the amount of formula to be used for this feeding. Pour the formula into clean, sterilized bottles (or a clean container) and cover with clean, sterilized nipples and nipple guards (or a clean protective cover). Fill the bottle to the amount needed. For example, if your baby is taking 4 ounces at each feed do not put any more than 4 ounces in the bottle.

It is better to put less in each bottle and top it up if your baby needs more. Put the formula in a clean container and cover it if you are not storing it in bottles.

3. **Store.** Put the prepared bottles, or container, in the refrigerator immediately. This will prevent harmful germs from growing in the formula. Mixed formula from concentrate should be used within 24 to 36 hours.

Unused powdered formula should be stored in a cool dry place and used within 1 month of opening. Opened liquid formula should be covered and stored in the refrigerator and used within 2 days after you open it.

4. **Leftovers.** If your baby does not finish the whole bottle, it is generally safer to throw the rest of the bottle out. If you feel that this is wasteful, be sure to store the bottle in the refrigerator immediately. Warm it well when you reuse the bottle. Use the stored bottle of leftover formula first. Do not reheat this milk more than once.
5. **If well water is the water source,** it should be checked regularly for bacteria (every 6 months) and for chemical quality (every 2 years). More frequent checking may be needed if there are any concerns. It is important to ensure that wells and on-site sewage treatment systems are well maintained.

Warming the bottle

Not all babies like warm milk, but babies should not be fed ice cold milk, because it can cause stomach cramps. You may just need to take the chill off of your baby's milk. Experiment and find out which temperature she likes.

When using a pan of hot water or an electric bottle-warmer, warm the bottle for a few minutes. Test a few drops on the inside of your wrist. The formula should be cool to the touch, neither hot nor cold.

CAUTION

BE VERY CAREFUL WHEN USING A MICROWAVE OVEN TO HEAT YOUR BABY'S MILK.

WHY?

- Microwaves do not heat milk evenly.
- Some parts of the milk will be cold, while other parts will be too hot and may burn your baby's mouth.
- The greatest danger is that the milk could get very hot without you realizing it.
- The temperature of the container might feel all right to your hand, but the hot milk could give your baby a bad burn.

Before giving the warmed milk, make sure it is all at the same temperature. Shake it well and then test its temperature by placing a drop or two on the inside of your wrist. The milk should feel lukewarm on your skin. Wait a couple of minutes before giving the milk to your baby, just to be safe. Also, be sure that the container or bottle that you are using in the microwave is "microwaveable," that is, safe for use in the microwave.

General guidelines for amounts of formula per feeding*

Age	Number of feedings	Amount of milk per feeding
1 & 2 weeks	6–7 per day	3–4 ounces (90–125 mL) formula
3–8 weeks	5–6 per day	4–5 ounces (125–150 mL) formula
2–3 months	4–5 per day	6–7 ounces (180–210 mL) formula
3–6 months	4–5 per day	6–7 ounces (180–210 mL) formula
6–12 months	4 per day	6–8 ounces (180–250 mL) formula

* Please note that this is only a guide. Each baby is different. You will soon learn how much formula your baby needs. Remember, if your baby is getting enough to eat, she will grow bigger and longer.

Vitamin and mineral supplements for the formula-fed baby
YOUR BABY WILL NOT NEED ANY EXTRA SUPPLEMENTS
WHILE BEING FORMULA-FED.

Vitamin D

Your baby does not need a vitamin D supplement.

Vitamin D is needed to develop healthy bones and teeth. Commercial infant formulas have vitamin D added. Formula-fed babies do not need additional vitamin D.

Iron

Iron is needed to help your baby make healthy blood.

Full-term infants are born with some stored iron. If a baby is not being breastfed, infant formula is recommended from birth. Check with a Public Health Nurse or your Health Care provider if you're unsure about which kind of formula to use. By 6 months, most babies are ready for solid foods. This is when an iron fortified infant cereal should be given to compliment the iron she is getting from milk. See page 30 for more information on the introduction of solid foods.

If you are advised by a health professional to give an iron supplement, be careful how you give it. Iron supplements, which are given as drops, can stain your baby's teeth if the liquid touches them. Be sure to ask your pharmacist about the best way to give your baby an iron supplement.

Fluoride

Your baby does not need a fluoride supplement.

Fluoride supplements are not recommended for children under 3 years of age. If you have a family history of poor dental health or if you have questions about fluoride supplementation, please talk with your dentist.

Your water: Is it safe?

Nova Scotians enjoy some of the safest drinking water in Canada!

Water used in the feeding of infants, in the preparation of infant formulas or other infant foods, or for drinking, must be safe. If you get your drinking water from a town or city supply, you can be fairly sure that it is being tested on a regular basis and is safe for your baby. If you have questions about your water supply, call your local Department of the Environment office and ask to speak to a public health inspector. If you get your water from a well, it is a good idea to have it checked. Your public health inspector in the Department of the Environment can help you have it tested for safety. Call them to find out how to test your water.

Remember ...

To the best of our knowledge, breast milk and or infant formula will supply your baby with all the nutrition he needs for the first 6 months of life.

If you have any questions about commercial infant formulas and feeding your baby contact your doctor, public health nurse or nutritionist, or local hospital dietitian.

Remember breast milk is the best choice for your baby. Infant formula or a combination of breast milk and formula is the next best choice for feeding your baby. However, some mothers choose to feed their babies other types of milk. Be sure to read the following pages first if you are thinking about feeding your baby anything but breast milk or infant formula. Phone your doctor, local public health nutritionist or nurse, or local hospital dietitian to talk over your choices.

Evaporated milk

EVAPORATED MILK IS NOT RECOMMENDED FOR BABIES. It does not come close to breast milk or formula in the nutrition it provides. Also, babies cannot digest it as easily. We have put the following information in this book because, although EVAPORATED MILK IS NOT RECOMMENDED, some Nova Scotians still feed it to their babies.

If you decide that evaporated milk is your only option, buy cans labeled, “whole evaporated milk.” Do not buy cans labeled with any of the following: “evaporated skim milk,” “low fat 2% evaporated milk,” “2% partly skimmed evaporated milk,” or “sweetened condensed milk.”

It is very important that you follow the recipe below exactly as shown to ensure that your baby gets the most from this type of milk. Do not use corn syrup or honey in the recipe as they may contain bacteria that could make your baby sick.

Other milks and your baby

Baby's Age	Directions
0–6 months	1 can (13 oz) whole evaporated milk (385 mL) 2 cans (26 oz) sterilized water (770 mL) 4 Tbsp + 1 tsp white table sugar (65 mL)
Over 6 months	1 can (13 oz) whole evaporated milk (385 mL) 1 can (13 oz) sterilized water (385 mL)

The above two recipes use one can of evaporated milk at a time. When you open a can of evaporated milk, you should mix a whole can. Only mix one can at a time. If you don't use all of the mixed evaporated milk recipe, store the rest in the refrigerator. Do not store evaporated milk mixtures for more than 24 hours.

Cow's milk

If you give any type of cow's milk (skim, partially skimmed – 1 %, 2 %, or homogenized -3.25 % milk fat) to your baby before 6 months of age there is a risk it may bother your baby's stomach or bowel and could cause them to bleed a little bit.

Wait as long as you possibly can before giving your baby cow's milk. Many health professionals suggest that you wait until at least 9 to 12 months before introducing cow's milk to your baby. Many Nova Scotian mothers give cow's milk before this time. If you give cow's milk too early, you may also increase the possibility of your baby having an allergic reaction to the type of protein found in cow's milk.

If your baby has only been breastfed before you give cow's milk, be careful to look for reactions such as vomiting, diarrhea, bloody stools, hives, or wheezing and difficulty breathing. Food allergies are less frequent in babies who are solely breastfed for 6 months or longer.

If your baby has been fed a standard commercial formula, he should be used to cow's milk protein and should not have a problem. If your baby has been fed a special formula that does not contain cow's milk protein or lactose (the sugar found in breast milk and cow's milk), you should introduce it slowly and watch carefully for any allergic reactions such as diarrhea, vomiting, colic, rashes, and nasal congestion or "drippy nose." Your baby may also have an intolerance to the sugar found in cow's milk. Milk sugar (lactose) intolerance is rare. Symptoms of lactose intolerance could be constant gas, diarrhea, and/or cramps.

If your baby appears to be having any kind of reaction to cow's milk, contact your doctor, local hospital dietitian, or public health nurse or nutritionist for help.

QUICK TIP: A good rule of thumb to remember is that your baby should be eating a variety of solid foods every day (infant cereal, vegetables, fruits, and meat and alternatives) before cow's milk is the main source of milk in her diet. These foods will give your baby the nutrients that milk doesn't have. This means that your baby will be a bit older and less likely to have any negative reactions.

Lower-fat milks—2%, 1%, and skim

DO NOT FEED YOUR BABY SKIM, 1%, or 2% MILK until she is at least 2 years old.

Skim milks, 1%, and 2% have their fat reduced or removed at the dairy. Babies and young children need the extra fat in homogenized milk (3.25% milk fat) for lots of calories to help them grow.

Unpasteurized milk

RAW OR UNPASTEURIZED MILK SHOULD NOT BE FED TO YOUR BABY. Unpasteurized milk has a higher bacteria content than pasteurized milk. Infants are especially sensitive to small amounts of bacteria and are more likely to have problems such as diarrhea or stomach upsets after drinking unpasteurized milk.

If pasteurized milk is not available where you live, home pasteurization will be needed. Contact your local public health inspector for information on how to do this.

Goat's milk

GOAT'S MILK IS NOT RECOMMENDED FOR BABIES BEFORE THEY ARE EATING MANY SOLID FOODS SUCH AS INFANT CEREALS, VEGETABLES, AND FRUIT.

Goat's milk may be used by some mothers because it may be more easily digested than cow's milk by some babies or if their baby is allergic to cow's milk. Goat's milk contains a different kind of fat and protein than cow's milk. However, it does not have some of the necessary nutrients needed for healthy growth and development.

If you choose to use goat's milk, it is low in some nutrients so talk to your local hospital dietitian, public health nutritionist, or nurse about necessary supplements. You should also discuss pasteurization methods with your public health inspector.

Getting through the first few weeks— infant feeding tips

Your baby doesn't have to drink the same amount of milk at every feeding. Her appetite changes from day to day, just like yours. Coaxing your baby to eat is not a good idea. Your baby knows when she has taken enough milk. Let your baby set the feeding pace.

You will learn to read your baby's signals by trial and error. You will soon get to know your own baby's feeding preferences and schedule. Remember that crying is not always a sign of hunger. Babies also cry when they are thirsty, have wet diapers, are tired, or just need cuddling and some attention.

If you are breastfeeding, remember that your milk supply can be affected by your mood. Your baby needs you to be relaxed to help her feed successfully. Try to breastfeed in a comfortable place. Maybe use a chair where you can put your feet up! Relax and enjoy it!

If you are bottle feeding, check the nipples to make sure they let the formula out drop by drop. If the milk doesn't seem to be coming out properly, try loosening the seal between the nipple and the bottle. If this doesn't work, make the nipple hole bigger using a red-hot needle. If you do this, sterilize the nipple and needle by boiling them for 5 minutes before you use them.

It is important to hold your baby when you bottle feed her. Make special efforts to be close to your baby at feeding times. Babies need the comfort of being held to help them feed better.



A word about baby's mouth care

Begin mouth care before your baby's first tooth appears. Shortly after birth, as part of your daily routine of caring for your baby, clean the inside of your baby's mouth. Once a day, after washing your hands, wrap a clean damp facecloth around your finger and wipe the inside of your baby's mouth. You can also use a finger brush or soft infant toothbrush. Clean the inside of the cheeks, baby's tongue, and around the gums where the teeth will later appear.

CAUTION

Do not use tissue, paper towel, or disposable cloths to clean your baby's gums. Your baby has a strong sucking reflex and may swallow pieces of these products.

As soon as the first tooth appears, by 3–8 months of age, begin brushing with a small soft-bristled toothbrush. Use a tiny amount (a smear) of toothpaste containing fluoride. Brush your baby's teeth twice a day—morning and evening.

Fruit juice, fruit drinks, pop, popsicles, water with syrup, sweetened teas, milk, formula, and breast milk all contain natural or added sugars. If left on your baby's teeth too long, these sugars can lead to tooth decay. Plaque, a film that grows on teeth every day, contains germs. These germs use the sugars in drinks to make acid. This acid attacks the hard outer layer of the teeth, called enamel, and causes tooth decay. Sipping for a long time on any liquid other than water will put your baby at greater risk of tooth decay.

To help prevent tooth decay

- Brush the plaque from baby's teeth twice a day, morning and evening.
- Don't let your baby fall asleep with a bottle. There is a risk of choking as well as a greater risk of tooth decay.
- Help your baby to use a cup by 9–12 months.
- Choose snacks that are low in sugar and that won't stick to your baby's teeth.

You should take your baby to the dentist 6 months after the first tooth appears or by 1 year of age, whichever comes first. At the dental office, the dental team will assess your baby's risk for cavities and will answer any questions you may have about brushing, teething, and sucking habits.

If at any time you notice white or brown spots on your baby's teeth call your dentist right away. This may be the first sign of early childhood tooth decay. Left untreated, these spots may quickly lead to serious tooth decay, pain, and infection.

For children not covered by a private dental plan, MSI will cover the cost of most routine dental services up to the end of the month in which the child turns 10. For children covered by a co-pay dental plan, MSI will pay for the co-pay portion of your plan. For more information, talk to your dentist, or call QUIKCARD Solutions, toll-free, at 1-888-846-9199. In Halifax Regional Municipality, call 832-3253

For more information on dental care for your baby, contact your Public Health Services office (page 62), call your dentist, or visit one of the following web pages:

- www.gov.ns.ca/health/publichealth
- www.cda-adc.ca/English
- www.healthyteeth.org
- www.aapd.org

When will my baby be ready for solids?

Breast milk and or infant formula will give your baby all the nutrition he needs until 6 months. As a new parent you may receive pressure from other people to start feeding solid foods earlier than 6 months.

Here are some **reasons to wait until 6 months**:

- breast milk has all the nutrients he needs for the first 6 months
- he can likely sit up with support by 6 months
- he will have better control of his neck muscles
- he will likely be interested in trying more textured food

Your public health staff can help you decide if it's time to start solid foods.

It is important not to rush into using solid food for the following reasons:

- Starting solid food too early will reduce the amount of breast milk or formula a baby drinks. Breast milk is the most nutritious food for young babies. Formula is the next best thing. This is all your baby needs in the first 6 months of life.
- Starting food too soon may lead to overfeeding a baby, especially when parents want baby to “clean up the bowl”.
- Babies may develop allergic reactions to solids if fed too soon. See the bottom of page 32 for more information on food allergies.
- Solid food can interfere with the digestion of nutrients from breast milk or formula.
- Starting solids, like cereal, early will not help your baby to sleep through the night.

Starting solids before 6 months increases the danger of your baby choking, because he may not yet be able to manipulate solid food with his tongue or swallow it completely.

Weaning and solid foods

Weaning means different things to different people. For some mothers weaning means the introduction of a bottle to a breastfed baby. For other mothers it means starting to use a cup rather than a bottle. For all mothers weaning also means moving your baby from a totally milk diet to a milk plus solid food diet. Get ready to join your baby on this journey and enjoy his reaction to all of the new smells, tastes, colours, and skills that he will be discovering!



Weaning

Weaning is a natural stage in your baby's development. Gradually, over the first year of his life, you will be weaning him from milk as the only source of nutrients in his diet to eating all of the food that you regularly enjoy.

As your baby goes through the stages of solid food introduction, make sure that he still gets his milk! From his first feeding he has been learning to connect feeding with both relief of hunger and a feeling of security. As well as giving him nutrition, milk is also his comfort food.

Weaning your baby from just breast to breast plus bottle and/or solid foods.

Introducing solid foods does not mean that you have to stop breastfeeding. Many women continue to breastfeed after solids are introduced for up to 2 years and beyond. Breastfed babies may not even need to learn to drink from a bottle. They can be introduced to a cup of expressed breast milk while you still continue to breastfeed.

If you have decided that you must stop breastfeeding, try not to stop suddenly because this could lead to engorgement and real discomfort. Think about replacing one breastfeed daily with your other feeding choice. A few days later a second feeding can be replaced, and so on. Many parents find the daytime feedings easiest to change, with bedtime feedings left to the last.

Remember, food allergies are less frequent in babies who are solely breastfed for 6 months or longer. It is recommended that a breastfed baby be weaned onto infant formula if the baby is less than 6 months old when completely weaned from the breast.

As you breastfeed your baby less during the time of weaning, you and your family are encouraged to give your baby extra loving attention to replace the closeness shared while breastfeeding. Some ways to have physical contact with your baby are listed below. You and your family will think of others.

- Sing to your baby while rocking together in a favourite room in your home.
- Play touching games on the floor with your baby.
- Hold your baby and look out the window. Tell him about the view.
- Use a baby carrier as another way to keep your baby close.

Remember, your baby has a whole world of things to learn about. Help your baby explore that world!

Using a cup

When your baby can sit up with support, it is the time to think about starting to use a cup. The following guidelines may help when introducing a cup to your baby.



- Use an unbreakable cup that doesn't tip over easily.
- Cover your baby with a waterproof bib and be prepared for lots of spills at first.
- Start with a small amount of fluid in the cup.
- Encourage your baby to hold the cup with you.

Introducing Solid Foods

The next section of this book gives you the information that you need to help gradually introduce solid foods.

Introducing solid foods

Whether your baby is breastfed or formula-fed it is important to ease her into eating new foods. Babies can be sensitive to different foods, and allergic reactions may develop. It is known that parents with allergies tend to have babies who develop allergies. Also, most babies, if they are going to have allergic reactions to food, will have them in the first 12 months after the food is first given. There are certain foods that are known to cause allergic reactions more often. That is why there is a certain order to the introduction of solid foods. Allergic reactions are most often linked to cow's milk, egg, soy, fruit juice, peanuts, corn, and wheat.

The following are some allergic reactions that may be seen when introducing solids to your baby: vomiting, diarrhea, bloody stools, hives, wheezing, and difficulty breathing.

Remember, babies are not born with the chewing and swallowing ability we have as adults. Many of these skills are learned and developed as infants. Learning to eat solid foods is important in developing these skills.

- Every baby is unique and will progress at different speeds in terms of feeding.
- The timelines given in this section are general guidelines.
- Listening to your baby's cues will help you to make decisions on the progression of feeding.

Read on to find out more about the foods that are important for your baby to eat and when you can introduce them.

Infant cereals

The first solid food that your baby should have is an iron-fortified infant cereal. Three things happen over time when you feed your baby infant cereal.

- As you increase the amount of cereal your baby eats, the amount of iron he receives also increases.
- As you try new cereals, you introduce your baby to new tastes and you may discover any allergies or sensitivities to cereals.
- As you make the cereal thicker, your baby learns to swallow thicker foods.

At about 6 months of age is when most babies are ready for solid foods. This is also the time when the iron stores your baby was born with are beginning to become used up. This is why infant cereals are fortified with iron. Infant cereals will provide extra iron just when your baby needs it.

Start with a single-grain infant cereal such as rice or barley. These two cereals are the least likely to cause allergic reaction. Once your baby is eating rice and barley cereals you can try oats, then wheat. Add a little at a time and watch in case any reactions occur. Use mixed-grain infant cereals only after your baby has tried all the single grains. Soy is high in protein and it may be more difficult to digest. Wait until your baby is 6 months old, and other grains have been successfully introduced, before trying soy cereal.

Start with a small amount of cereal, about 1 teaspoon. Mix this cereal very thinly with breast milk or formula. Gradually add more cereal, as your baby gets used to it, working up to a cereal with a consistency like oatmeal. Serve the same cereal for 4 or 5 days before starting a new cereal.

Don't worry if your baby wants to spit the cereal out. This is a perfectly normal response. Just keep trying until you get the first important swallow.

It's best not to use cereals with added fruit or honey. These cereals encourage a taste for sweet food. They are also more expensive than plain cereals. Adult-type cooked cereals should also be avoided. They may not contain the same amount of iron as infant cereals and they have not been precooked. Infant cereals are precooked, making them easier for your baby to eat and digest.

When mixing your infant's cereal, don't add honey, corn syrup, molasses, or sugar. These encourage a taste for sweet foods, and honey and corn syrup may contain bacteria that could make your baby sick.

DO NOT ADD CEREAL TO YOUR BABY'S BOTTLE. Milk is the best nutrition for babies and adding cereal will reduce the amount of milk your baby drinks. Adding cereal to a bottle will not help your baby to sleep through the night.

You can think about introducing vegetables to your baby when he is eating about 2 to 4 tablespoons of dry cereal twice a day, mixed with milk to a consistency of oatmeal.

Continue feeding your baby an iron-fortified infant cereal at least until he is eating a variety of meat and alternatives every day. Usually this will be around 1 year of age but may be longer.

QUICK TIP: If your baby is not interested in eating infant cereal before he is eating a variety of meat and alternatives, add the dry cereal to other foods such as puddings, soups, or even mashed in with fruit and vegetables to make sure that your baby is still getting all the iron that he needs.

Vegetables

Vegetables will add vitamins, minerals, and some fibre needed for regular bowel movements. Start feeding vegetables when your baby is eating 30–60 mL (2–4 Tbsp) of dry infant cereal twice a day, mixed with milk (around 6 to 7 months).

Your baby will enjoy trying a variety of vegetables. If you don't like certain vegetables be careful not to show it! Your baby can sense your reactions to food. Many of us have learned not to like things simply because our parents didn't like them.

To start, choose mild-tasting cooked vegetables. Try squash, peas, sweet potato, green or yellow beans, and carrots. Then try other green vegetables like zucchini or asparagus, followed by broccoli, cauliflower, cabbage, and other vegetables.

Start white potato only after your baby has tried other vegetables. It does not have as many vitamins or minerals as green or yellow vegetables. French fries are very high in fat and can have added salt, making them a poor choice. If you are making your own baby food, try not to use canned vegetables, which are high in salt. Instead, try using frozen or fresh vegetables.

Again, start with a small amount and gradually add more. Try one vegetable at a time for a few days. If it seems to agree with your baby, try another. Let your baby get used to separate tastes before you feed mixtures of flavours.

Salt, margarine, butter, and spices make food taste better for you, but may not for your baby! These ingredients are not necessary.



Fruit

Fruit will also give your baby vitamins, minerals and fibre. Most babies like the taste of fruit. Start feeding fruit when your baby is eating a variety of cereals and vegetables (around 7 to 8 months). Let your baby get used to separate fruit flavours before you offer mixtures. Try offering mild fruits such as homemade applesauce, mashed banana, or strained peaches, pears, and apricots.

Avoid fruit with seeds like strawberries and raspberries until your baby is at least 1 year old. These seeds are very hard for your baby to digest, and he can also choke on them.

When buying canned fruits, be sure to read the label. Try to avoid using canned fruit that has been packed in syrup. Try to use fresh fruit, fruit packed in water or juice, or unsweetened commercial baby fruit whenever possible. Commercial baby fruit with cereal or tapioca added does not contain as much fruit per serving.

When making your own baby fruit, do not add sugar, honey, or molasses. Directions for making your own baby fruits can be found in the Baby Food Cookbook section at the back of this book.

Fruit juice

Fruit juice will give your baby vitamin C as well as extra fluid. It can also act as a natural laxative if your baby is constipated. Remember your baby still needs a lot of milk in the first year, and fruit juice should not replace the milk that your baby needs. Offer fruit juices when your baby is 7 to 8 months old. Make sure that you dilute the fruit juice half and half with water. Gradually you can cut back on the amount of water until she is drinking pure juice (see chart on page 39).

Offer your baby apple, grape, or prune juice. Orange juice, either fresh or frozen, is good too. Avoid pop, fruit-flavoured drinks, or crystals. These are high in sugar and low in nutrition. Read the labels carefully: look for the word juice in the name of the product, and juice or juice concentrate and water should be the only ingredients.

Small containers of “baby juices” are not necessary. They are usually more expensive.

Introducing juice can be a good opportunity to learn to sip from a cup.



Meat and alternatives

Meat and alternatives contain protein and iron needed for your baby's growth and development. However, these protein foods are harder to digest and can sometimes cause allergies. Add them to your baby's meals only after he is eating a variety of cereals, vegetables, and fruit (around 8 to 9 months old).

Meats such as strained chicken, turkey, and lamb are easiest for your baby to digest. Try these first, then follow with veal, beef, and liver.

If you buy baby food, try not to use the prepared meat dinners. These dinners are mixtures of cereal, vegetables, and meat, making it difficult to tell how much meat your baby is getting.

Choose baby foods without salt, spices, or fillers. If you are making your own, serve meat, poultry, fish, or legumes separately from vegetables and don't add salt or spices. Most babies love fish, so take advantage of Nova Scotia's plentiful supply when feeding your baby. Check fish carefully to remove tiny bones. Avoid fried fish. Try broiled, baked, or poached instead, and flake well before serving.

Bologna, wieners or hot dogs, sausages, and salami are high in fat, salt, and spices and are not good choices for your baby. Also, hot dogs, because of their shape and size, can cause your baby to choke.

Legumes, such as navy or lima beans, split peas, and lentils, contain protein and are high in fibre. Feed a small amount until your baby's digestive system adjusts to the high fibre content.

Nuts and seeds are also high in protein. These can be dangerous as your baby can choke on nuts and seeds because of their shape and size. Nuts can cause severe allergic reactions in a small number of children. However, you can begin to introduce smooth nut spreads, like peanut butter, once your child is ready for finger foods (see section on solid food textures, page 41).

Combination dish varieties of commercial baby foods, canned or dried soup, and canned spaghetti are not good choices for babies. These are all high in salt and contain less nutrition than homemade or plain commercial baby foods. Read page 42 for more information about homemade and commercial baby foods.



Milk products

Foods made with milk, like plain yogurt, cottage cheese, and homemade milk puddings, will add variety to your baby's menu. These foods give protein and calcium. You can begin adding these foods daily when your baby is eating a variety of cereal, vegetables, fruit, and meat and alternatives (around 9 to 10 months).

Try plain yogurt as a dessert. Commercial yogurt with added fruit and frozen yogurt can be high in sugar. Yogurt produced commercially for babies is also higher in sugar and is expensive. Try mixing your own fruit with plain yogurt instead.

Cottage cheese can also be added to fruit or vegetables for variety in milk products. You may need to mash this if your baby doesn't like the "lumps."

Commercial puddings made with milk are high in sugar, and they are expensive. You can make your own with much less sugar. See the recipes in the Baby Food Cookbook section of this book if you would like to make your own milk puddings.

Ice cream does not have the nutrition that plain yogurt or cottage cheese contain. It is high in sugar and is better left until your baby is older.

Remember ...

Milk products should add to your baby's milk intake and **SHOULD NOT REPLACE IT**. Only liquid milk has added vitamin D.

Eggs

Eggs supply protein, vitamins, and minerals to your baby's diet. Some babies have allergic reactions to eggs. For this reason eggs are one of the last foods introduced to babies. It is better to wait until your baby is nine months or older. Egg yolk is less likely to cause a reaction than egg white. Because it is difficult to completely separate the egg yolk from the white when an egg is raw, hard boil the eggs and separate the whites and yolks after cooking. You should not feed your baby foods that contain raw eggs.

Wait until your baby is eating egg yolk without any problems before you offer egg white. After egg white has been introduced, and no problems have occurred, you can then feed your baby the whole egg.

QUICK TIP: Once your baby can eat whole eggs, you can use them in the following ways for variety: hard cooked, sieved or mashed, scrambled, soft boiled, or in egg custards.

Water—good for all ages

Don't forget that water is a necessary part of healthy eating for you and your baby. Although water should not replace a feeding of milk, it can and should be offered to babies if they are thirsty.

Other Foods

“Other Foods” is a new category in *Canada’s Food Guide to Healthy Eating*. Other Foods are foods that add flavour and enjoyment to meals and snacks but that do not fit into any of the 4 food groups.

Foods found in the Other Foods category should be used in moderation because they provide fewer of the nutrients needed for growth and development. In keeping with healthy eating, these foods should be used in moderation throughout all life stages but especially during the infant and early childhood years when bodies are growing so quickly and tummies are so small. There is not room to be filling up on foods with little nutrition.

Other Foods are:

- foods that are mostly fats and oils such as butter, margarine, all types of salad and cooking oils, gravy, and regular salad dressings
- foods that are mostly sugar, for example, pop, popsicles, candy, jams, and jellies
- high fat and/or high salt snack foods, for example, potato chips, corn chips, and cheesies
- non-milk or fruit juice beverages, for example, soft drinks, fruit drinks, tea, and coffee
- herbs, spices, and condiments, for example, ketchup, salt, and pickles
- diet foods or drinks including those containing sugar or fat substitutes. These foods may cause your baby to “fill up” without getting the energy that he needs from food.



Summary chart — Introducing solid foods step by step. The following chart summarizes the information on pages 32 to 38 as a guide to introducing solid foods. Every baby is unique and will progress at different speeds in terms of feeding. The timelines given in this section are general guidelines. Listening to your baby's cues will help you to make decisions on the progression of feeding.

What Food?	and Age?	How much?
BREAST MILK OR FORMULA		
AND		
Rice or barley cereal	(6 months)	Try 5 mL (1 teaspoon) of dry cereal mixed very thin with breast milk or formula. Add less breast milk or formula as your baby learns to swallow. Gradually increase to 30–60 mL (2–4 tablespoons) twice a day mixed to a consistency like oatmeal.
<p>REMEMBER: It is important to continue feeding iron-fortified cereal until your baby is eating a wide variety of iron-rich foods such as meat and alternatives.</p> <p>When your baby is eating 30–60 mL (2–4 Tbsp) of dry cereal, mixed with milk to a consistency of oatmeal, twice a day</p>		
ADD		
Vegetables	(around 6 to 7 months)	Try 5 mL (1 tsp) unsalted vegetables at first, then gradually increase to 30–60 mL (2–4 Tbsp) vegetable at a meal.
<p>When your baby is eating a variety of cereal and vegetables</p>		
ADD		
Fruit and diluted fruit juice	(around 7 to 8 months)	Try 5 mL (1 tsp) unsweetened fruit at first, then gradually increase to 30–45 mL (2–3 Tbsp) fruit at a meal
<p>Try 15 mL (1 Tbsp) juice mixed with 15 mL water at first, then gradually increase to 90–125 mL (3/4–1/2 cup) of mixed water and juice. Then cut back on the amount of water until your baby is drinking about 125 mL (4 oz) of pure juice a day.</p> <p>When your baby is eating a variety of cereal, vegetables, and fruits</p>		
ADD		

What Food?	and Age?	How much?
Meat and alternatives	(around 8 to 9 months)	Try 5 mL (1 tsp) meat or an alternative at first, then gradually increase to 30–45 mL (2–3 Tbsp) at a meal. When introducing legumes, try 5 mL (1 tsp) a day for several weeks, then increase to 15 mL (1 Tbsp). If your baby seems to be uncomfortable after eating legumes or lentils, don't feed these foods for a few weeks. Then start again with small amounts.

When your baby is eating a variety of cereal, vegetables, fruit and fruit juice, and meat and/or meat alternatives at a meal

ADD

Milk products	(around 9 to 10 months)	Try 5 mL (1 tsp) cottage cheese, plain yogurt, or milk pudding at first. Over time, gradually increase to 30–45 mL (2–3 Tbsp) at a meal.
----------------------	-------------------------	--

Bread		Your baby now is ready to try different textures. Offer a small piece of bread, unsalted cracker, or toast finger at first (1/4 slice or less).
--------------	--	---

When your baby is eating a variety of cereals, vegetables, fruit and juice, meat and alternatives, and milk products, and there are no signs of any allergic reactions

ADD

Hard-cooked egg yolk	(after 9 months)	Try 1 mL (1/4 tsp) at first, mashed and mixed with milk. Over the month, increase to a medium-sized egg yolk.
-----------------------------	------------------	---

When your baby is eating a medium-sized egg yolk, and there are no signs of allergic reaction

ADD

Cooked egg white	(about 11 months)	Try 1 mL (1/4 tsp) egg white mixed with yolk at first.
-------------------------	-------------------	--

When your baby is eating a cooked egg white mixed with egg yolk, your baby can have a whole cooked egg. You should not feed your baby foods that contain raw eggs.

Some foods can cause choking for small infants. These include:

- small berries like raspberries or strawberries
- corn
- dry cereal
- whole raw peas
- raw fruits and vegetables like carrots, grapes, or apple pieces
- hot dogs
- cookies
- small candies

Be extra careful if giving your baby any of these foods. Cut them up well or mash them.

Try to avoid giving popcorn, nuts, sunflower seeds, and chips, and small candies until your child is old enough to chew and swallow them safely, about 3 years of age.

Your baby's safety while he is learning to eat solid foods is important. Make sure that he is securely seated in a high chair or infant seat when feeding. If you do not have one of these seats hold him securely on your lap while feeding.

6 months: At this age your baby cannot chew solid food or swallow large pieces of food. Feed only semi-liquid foods. For example, vegetables should be pureed and cereal should be thinned.

6 to 8 months: At this age, food should initially be mashed or pureed very smoothly with a fork, blender, or food processor. Gradually mash foods less so that your baby will begin to practise chewing foods and get used to lumps. Even if your baby doesn't have teeth yet, it is important that she practise chewing foods. Since meat is hard to chew, you should continue to use pureed meats until she is about 8 months or she has started teething. The easier meats for your baby to begin chewing include ground meat, poultry, or flaked fish.

Your baby may also be ready for finger foods. Try bread crusts, dry toast, cooked vegetables, and unsalted soda crackers with meals or for snacks. If you give your baby commercial teething biscuits, be sure to read the label before buying. Many are high in sugar.

QUICK TIP: Bread crusts or toast fingers are easy to make at home. Cut bread pieces into small fingers and put in the oven at a low heat (200° C) and bake until hard.

A word about choking

A word about safety

Solid food textures

After 8 months: You can now begin to cut up food finely rather than mashing it. Do this slowly. Remember to cut meat and other difficult-to-chew foods very finely.

Finger foods help your baby develop hand-eye coordination and his sense of smell. Good finger foods for babies at this age are pieces of soft ripe fruit like banana, pieces of soft cooked fruit like apple, steamed vegetables like carrot sticks, as well as small soft pieces of meat.

Even if your baby doesn't have teeth, his gums are very firm. You don't have to wait for teeth to introduce a variety of textures and finger foods.

A word on gagging

Gagging is a normal part of your baby getting used to chewing and swallowing. As long as foods are appropriate to your baby's age, gagging does not indicate a problem. In the same way that your baby is going to fall until he learns to walk well, he is going to gag until he learns to chew and swallow well.

Store-bought versus homemade baby foods

When you feel the time is right to start feeding solid foods to your baby, you will have to decide whether to make them yourself, buy them, or to serve a combination of both. There are advantages and disadvantages to both kinds of food.

Store-bought or commercial baby foods

Advantages

- Easy to use and store
- Need less time to get ready
- Can freeze leftovers for later use

Disadvantages

- Can be expensive
- May contain unnecessary sugar, spices, and fillers
- Food choices are limited Baby may not like the taste of homemade food later because the taste is different
- Baby may become a "lazy chewer" since consistency is always the same.

When buying food for your family, you will want to consider nutrition and food safety. To make nutritious food choices, check the label for the amount of sugar and other ingredients present. Ingredients are listed in descending order, by weight of amount present. For example, a label that reads as follows:

Butterscotch Custard

Ingredients: water, brown sugar, cornstarch, butter (unsalted), skim milk powder, cream, dried egg yolks, vanilla, caramel

tells us that water and brown sugar are present in the greatest amounts. Your baby would not get many nutrients because of the large amount of water and sugar found in the butterscotch custard.

You can now buy many baby foods without added sugar or salt. Nutritionally, those are the best buys. Remember that sugar has many forms. The letters “ose” at the end of a word, indicate sugar. Ingredients such as dextrose, maltose, and glucose are forms of sugar. Honey and corn syrup are also forms of sugar.

When you buy baby food jars, look for an intact safety seal. Make sure that you hear a “pop” when you open the top of a baby food jar. If you don’t hear a “pop” the food has not been stored correctly and should be returned to the store where you bought it. Always check for off-colours when you open the jar. Colours that seem different than you are used to can indicate spoilage.

Before buying or serving food for your family check the “best-before” date. A baby food jar will have a date stamped on the top of the lid that lists a day-month-year. If the date on the lid is 15-Nov-03, you should open and use the baby food before November 15, 2003. Once you’ve opened the food, try to use it up within 3 days or freeze it for later use. Boxed baby food, like iron-fortified cereal, will have an expiry date stamped on the outside of the box (month and year).

When feeding your baby, take the amount of food that you’ll need from the jar and put the rest in the refrigerator or freezer. Don’t feed directly from the jar. If you have food left, never put it back into the jar. This way, you will prevent germs from getting into the food.

Homemade baby food

Advantages	Disadvantages
Can be freshly made	Needs some planning and preparation time
Can be made without sugar, salt, spices, and fillers	Needs to be made in clean conditions
Can be less expensive	Needs proper storage: a refrigerator for freshly made or a freezer for long-term storage.
Your baby can eat foods that the whole family eats	
Large variety of food available	
Baby will become used to your cooking	
Portable food mill can be packed in diaper bag and used anywhere	
Textures can be varied to promote chewing and swallowing.	

If you decide to make your own baby food, read the Baby Food Cookbook at the back of this book for tips and recipes.

Tips for making baby's mealtimes enjoyable

Mealtimes can be some of your baby's favourite times. These suggestions will help you to enjoy them too.

- Remember that babies develop at different rates. Don't expect your baby's feeding habits to be the same as those of other babies.
- Try to keep mealtime relaxed by being as relaxed as possible yourself. Shut off machines if they bother you or your baby.
- Use a small spoon and begin by feeding small servings. When your baby starts to try to feed herself, give her a spoon so that she can help you to feed her.
- Start one new food at a time, trying only one new food at a meal. Offer the new food at the beginning of the meal when your baby is most hungry.
- Wait before trying new foods if your baby seems upset or is sick.
- If your baby is very hungry, give her an ounce or two of milk before you start feeding.
- It takes time for a baby to get used to eating solid food. Never coax your baby to eat a new food. If a food is refused, leave it for a few days, then try again.
- Babies' appetites change. There will be some days when your baby is not hungry.
- Watch your baby's feeding cues. She will let you know when she has had enough.
- Mealtimes will be messy. Spread a plastic tablecloth, garbage bags, or newspapers under your baby's chair and enjoy the mess and easy clean-up!
- Once your baby is eating a variety of solids, offer the solid foods first, then breast milk or formula to prevent her filling up with breast milk or formula. It's important that babies learn to eat solid foods. If they don't they can become "lazy" and resist learning to chew.
- Between 9 and 12 months of age, many babies go through stages when they refuse to eat certain foods. Don't be overly concerned. Keep offering small amounts of the foods until your baby begins to accept them again.

In summary, make every mouthful count. Your baby eats little enough without filling her up on food that tastes good, but offers poor nutrition.

Year one feeding challenges

There will be times when feeding your baby will be challenging. There is a lot you can do to help yourself when difficulties arise. Don't let the concern go on for very long before seeking advice or help. Try the suggestions on the following pages. They may help you.

Talk about your concerns right away with your doctor, local hospital dietitian, or public health nutritionist or nurse. You may also find it helpful and comforting to talk with another mother who has a small infant. There may also be other people in your community who can help.

Remember, your goal for the first year of feeding is to ensure that your baby grows and enjoys a smooth transition to solid foods. Try out some of these suggestions and, most importantly, trust in your own skills.



Colicky baby

- What is it?** Sometimes babies are called “colicky babies” if they are cranky or gassy. However, these symptoms of gas or crankiness may not be true colic.
- Real colic is not very common. Colic is when a baby has a stomach-ache or cramp. Colic usually begins when a baby is about 3 weeks old and can last until 3 to 4 months of age. A baby with real colic may begin crying early in the evening and will cry continuously for 3 to 4 hours.
- Symptoms of colic may include:
- crying and pulling knees up to the chest
 - a firm stomach
 - passing gas
- What causes it?** The cause of colic is not known. Colic can occur in bottle-fed or breastfed babies.
- If breastfeeding—CONTINUE TO BREASTFEED YOUR BABY.
 - If your baby appears to be cranky, check for other reasons first, such as lack of sleep, thirst, wet diapers, or gas.
 - Cuddle your baby and make her as comfortable as possible.
 - Make sure that your baby is being burped and is not swallowing a lot of air during feedings.
 - If you are breastfeeding try to avoid eating any foods that you have noticed might be making your baby uncomfortable. Sometimes foods that produce gas for you can do the same to your baby.
 - When your baby is crying, try taking her out for a carriage, stroller, or car ride.
 - Remember to take care of yourself. Try to give yourself a break from your colicky baby. Ask a friend or relative to baby-sit so you can get out of the house for a while. Try to get extra rest when your baby sleeps during the day so that you’ll be better prepared to look after your colicky baby in the evening.
- Talk to your public health nurse or see your doctor if your baby has colic symptoms.

Constipated baby

What is it? Constipation occurs when a baby's stools are hard and dry and are difficult to pass. If your baby does not have a bowel movement every day it does not mean that he is constipated. Some babies will have bowel movements twice a week, some every second day. It can vary.

What causes it? It is common for constipation to occur when solid foods are first introduced or when whole cow's milk replaces breast milk or formula.

What can I do?

- If breastfeeding—**CONTINUE TO BREASTFEED YOUR BABY**
- If you are formula-feeding your baby, make sure that you are mixing the formula correctly.

Before 6 months:

- Increase the amount of fluid you are giving your baby. Try 30–60 mL (1–2 oz) boiled or sterilized water between feedings.

Between 6 and 12 months:

- Increase the amount of water in your baby's diet.
- Add a little more fruit, fruit juice, and vegetables to the menu. Prunes and prune juices are good choices. These contain fibre and water, and should be effective.
- Try adding a very small amount 1–3 mL (1/4 to 1/2 teaspoon) of bran to your baby's cereal over the course of a day. If you use a bran breakfast cereal, be sure to grind it. Be careful not to use too much bran as it could cause cramping and gas.
- Call your doctor if constipation lasts more than 5 days. Also, if there is blood in the stools, or if your baby cries every time he has a bowel movement.

NEVER USE MINERAL OIL, CASTOR OIL, LAXATIVES, OR ENEMAS WITHOUT THE ADVICE OF YOUR DOCTOR.

Diarrhea and baby

What is it? It is important to learn the difference between diarrhea and the loose stools that most babies have from time to time. Breastfed babies normally have loose stools because breast milk is easily digested. The stools may be brown, yellow, or dark green in colour. A bottle-fed baby may also have loose stools.

Diarrhea is an increase in the number of bowel movements and a change in the colour and consistency. They become loose or watery. Often when a baby has diarrhea there will be other symptoms such as vomiting and/or a slight fever. Your baby may also be cranky and have stomach cramps. Diarrhea is serious because your baby can lose too much water and can become dehydrated. Your baby's physician should be contacted.

What causes it? Causes of loose stools in both breastfed and bottle-fed babies can be a new food, a change of food, too much food or sugar, or teething. Formula-fed babies may also have loose stools from an intolerance to milk protein or to lactose. A viral infection can also cause diarrhea in infants. Your baby may also get diarrhea because of poor food-handling practices or by inadequate handwashing by caregivers.

What can I do? You should call your doctor if you see any of the following signs:

- diarrhea continues throughout the day
- there is blood in the diarrhea
- your baby has a fever
- your baby refuses to eat or drink
- your baby appears dehydrated (dry skin or mouth, has fewer wet diapers, or has dark yellow, strong-smelling urine)
- If breastfeeding—CONTINUE TO BREASTFEED YOUR BABY.

Avoid eating any foods that you know your baby is more sensitive to. Avoid taking laxatives while breastfeeding, as they can cause your baby to have diarrhea.

- If your baby is formula-fed, continue to feed your baby according to his usual schedule but mix his formula 1/2 strength for the first day. Give your baby water to replace the fluid he is losing. Boil the water before giving it to your baby. Your doctor may suggest a fluid replacement made from water with added nutrients.
- If your baby is eating solid foods, offer only starchy foods (bread, rice, toast, crackers, cereal) the first day. Gradually work the solid food back into his diet, up to the point you were at with solid foods before the diarrhea started.

More on diarrhea Breast milk is safe and may contain substances that help in the recovery from diarrhea. The sugar content of commercial infant formulas can irritate your baby's tummy and make diarrhea worse.

It is important to wash your hands with soap and water before and after changing your baby's diaper, or before and after handling him or his clothes. Cloth diapers should be washed well with hot water and detergent. Disposable diapers should be thrown out in a garbage can or bag as soon as they are taken off of your baby to help prevent the spread of infection that can cause diarrhea.

Fussy baby

- What is it?** Many babies have a regular wakeful, fussy time when they seem hard to please and cry a lot. This most often happens in the late afternoon or early evening, especially around 3 to 6 weeks of age. It can last a few hours. Some fussy babies are so regular that parents can set their watches by them.
- What causes it?** Babies may be fussy for many reasons. Hunger, boredom, loneliness, overtiredness, overstimulation, discomfort, gas, or a growth spurt are common reasons.
- What can I do?**
- If breastfeeding: **CONTINUE TO BREASTFEED YOUR BABY.**
Be sure your baby is properly positioned and latched on at each feeding.
 - If your baby is hungry or in a growth spurt, feed her. You may have to feed her more often during these times.
 - Plan ahead for the fussy time. Prepare the night meal early in the day. Maybe set the table ahead, or ask for help from others.
 - Your baby may just need the comfort of being held.
 - If your baby is overstimulated, place her in a quiet setting and don't handle her.
 - Some babies are bothered by strong scents on your skin or clothing. Try to stop using scents or perfume and see if it helps.
 - Your baby may be hungry. If your baby is not yet 4 months old, do not feed solid foods. Try another breastfeeding or bottle of formula.
 - Your baby may not be getting enough to eat. For babies less than 6 months of age, you may need to offer breast milk or formula more frequently. After 6 months of age, your baby is likely ready to try some infant cereal.
 - If you feel frustrated because your baby has been crying for a long time, ask someone to take over to give you a break. Have a relaxing bath, go for a walk, or visit with a friend. Talk with another adult. It can sometimes help you see things in a different light.
 - Talk with your public health nurse or doctor if you need more help. Have your doctor check your baby to rule out physical causes for fussiness.

Fussy baby cont'd

Comforting a fussy baby

- Try burping your baby.
- Check your baby's diaper; perhaps it needs to be changed.
- Carry your baby in a soft baby carrier. Walk around your home or take a walk outdoors.
- Rock your baby. You may be soothed by rocking too!
- Play soft music or try singing or humming.
- Give your baby a warm bath if he likes that or wrap him in a light blanket.
- A carriage or car ride may help a fussy baby.
- If breastfeeding, let your baby suckle at your breast for emotional needs, not feeding needs.
- Give your baby a massage or pat his back. Try to change his position.
- Leave your baby in the care of a trusted relative or friend and get out of the house for a break.



Gassy baby

- What is it?** Some babies are uncomfortable and irritable because they have gas and they have difficulty getting rid of it.
- What causes it?** Most babies have gas from swallowing too much air. Some vegetables and meat alternatives, such as legumes, are also gas-forming and may be adding to the problem.
- What can I do?**
- If breastfeeding—CONTINUE TO BREASTFEED YOUR BABY.
 - If you are breastfeeding try to avoid eating any foods that you have noticed might be making your baby uncomfortable. Sometimes foods that produce gas for you can do the same to your baby.
 - Rub your baby's tummy.
 - Hold her tightly and gently rock.
 - If your baby has trouble burping change her position. Try placing her on her tummy over your lap and rub her back. Or, sit her on your lap and rub her back. Three other methods you can try are:
 - 1) Hold baby to your shoulder and rub her back.
 - 2) With her against your shoulder, walk with her and rub or firmly pat her back.
 - 3) Lay her down on her stomach across your knees and bounce her gently while patting her back.
 - Check your feeding and burping methods. If breastfeeding, try feeding on one breast, then burping her. If you are formula feeding, try to feed only one-quarter to one-half of the formula then burp her.
 - If you are feeding vegetables and fruit, take note when the gas develops. Cut back on the amount of vegetables and fruit until your baby's system gets used to them.
 - Talk to your public health staff. Maybe they can help.



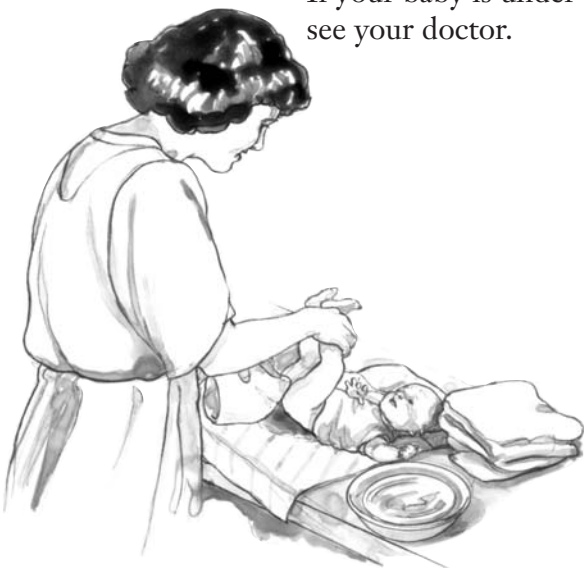
Sleepy baby

What is it? A sleepy baby sleeps a lot, feeds less, and falls asleep during feedings. Sleepiness is most common during the first weeks after birth.

What causes it? A difficult labour and delivery or drugs given to the mother during delivery may make a baby sleepy after birth. Other later causes are overeating or medication.

What can I do?

- If you are breastfeeding—**CONTINUE TO BREASTFEED YOUR BABY.**
- If possible, have your baby “room-in” with you so he can be fed when he stirs.
- Try to feed your baby every 2–3 hours during the day. At night wake your baby every 3–4 hours.
- When feeding, position your baby so that his head is higher than his body. This helps him to stay alert.
- Drip a little breast milk or formula onto your baby’s lips to increase interest in feeding.
- Sit your baby upright, supporting his jaw and chest with one hand. Place the opposite hand behind the base of his head and shoulders. Rock your baby slightly forward and backward, almost flat. This will help him to open his eyes.
- Dim the lights in the room because bright lights may make your baby close his eyes.
- Loosen or remove your baby’s blankets. Change your baby’s diaper.
- Cuddle and talk with your baby, massaging his body, arms, legs and feet. Gently wipe your baby’s face with a cool (not cold) cloth.
- Try to wake your baby if he falls asleep during a feeding. If he will not waken or feed, put him back to bed and try again in 1 hour.
- Make sure that the room is not too warm.
- If your baby is under 4 months, is sleepy a lot, and is gaining weight too slowly, see your doctor.



Slow weight gain

What is it? A baby that does not gain enough weight raises concerns. Babies grow in 2 ways: they gain weight and they get longer. If you are breastfeeding it is quite normal for a healthy full-term baby to lose up to 7–10% of his birthweight while his mother’s milk is coming in. Most babies return to their birthweight after 2–3 weeks. Average weight gains are 120–200 grams (4–7 ounces) a week for babies.

What causes it? There are several possible causes of slow weight gain in babies. If you are breastfeeding, your baby may be incorrectly positioned or latched on, or may have poor suckling skill. A formula-fed baby may also have poor sucking skills or appetite. A baby may also not be gaining weight because he is having a growth spurt.

What can I do? • If breastfeeding—CONTINUE TO BREASTFEED YOUR BABY.

Make sure that your baby is latched on properly. See *Breastfeeding Your Baby* for more information. You may have decreased milk supply because of doing too much, being overtired, not eating properly, or because of alcohol, drugs, or cigarettes. See the checklist on page 8 to see if you are looking after yourself.

- Whether breastfeeding or bottlefeeding, feed your baby every 2–3 hours during the day and every 3–4 hours during the night in the early months. Remember, your baby may not always cry or demand feeding even when he is hungry. Regular wet diapers are a sign that your baby is feeding well.
- Make sure you take your baby for “well-baby visits” and discuss any concerns you have about weight with the health professional.
- Ask your doctor to plot your baby’s height and weight gains at each visit so that you can assure yourself that he is growing.

Spits up milk regularly

What is it? Many babies spit up a small amount of breast milk or formula for the first 4–6 months. This is normal. It is even common for some babies to spit up regularly after every feeding.

What causes it? Your baby may swallow too much air during feeding or be a “poor burper.” Your baby may swallow milk, fill up her stomach quickly, and then spit up the extra milk. This can happen if you breastfeed and make lots of milk or your baby has a strong suck. It can also happen if you coax your formula-fed baby to drink more than she wants. Also, your baby may be being moved too much after feeding.

What can I do? • If breastfeeding: **CONTINUE TO BREASTFEED YOUR BABY.**

Help her to feed less quickly by switching breasts more often.

- Burp your baby more often and handle her gently.
- If you are formula-feeding, make sure you are not feeding her too much formula.
- If you are bottle-feeding and she is spitting up large amounts, seat your baby at a 50- or 60-degree angle during and after feeding. An infant seat is excellent for this. Remember not to leave the bottle propped in your baby’s mouth.
- Learn to identify your baby’s waking and hunger cues and feed her before she becomes too hungry.
- Avoid excitement and activity after feedings.
- If she is spitting up small amounts but is gaining weight she is probably doing fine.
- Spitting up is mainly a laundry problem! Be patient and be prepared with clean-up supplies, protective coverings, a change of clothes for your baby, and a clean top for yourself.
- Take your baby for well-baby visits and discuss your concerns with the health professional.

What you'll want to remember during year one

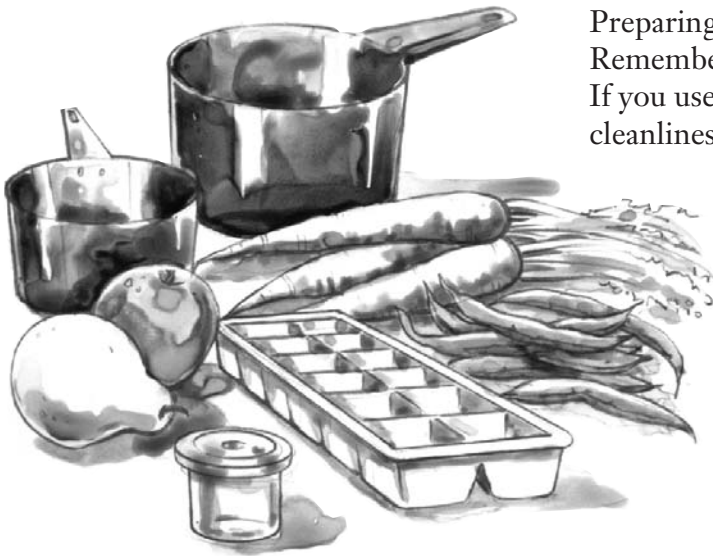
We hope that you've found the information in *Year One: Food for Baby* helpful. Don't forget to talk with your public health nutritionist, public health nurse, local hospital dietitian, or doctor if you need more help.

Remember ...

- Breastfeeding is the healthiest way to feed your baby. Formula is the next best choice.
- Take care of yourself. Eat healthy foods and keep active. This will help you to feel good about yourself.
- Make sure you take your baby for well-baby visits and discuss any concerns you have about weight with the health professional.
- Most babies will go through growth spurts at 10 days, 3 weeks, 6 weeks, 3 months, and 6 months and may be hungry. Don't be discouraged. Just feed breast milk or formula more often.
- Wait until 6 months to begin feeding solid foods. Start with cereal, then follow with vegetables, fruit, juices, meat and alternatives, milk products, bread, and egg as your baby gets older.
- Wait as long as possible before feeding whole cow's milk.
- Do not feed 2%, 1%, or skim milk until your baby is at least 2 years old.
- If your drinking water comes from a well, have it checked before you give it to your baby.

Be sure to get a copy of *After Year One: Food for Children* before your baby reaches her first birthday. It contains lots more information to help you get through the toddler and preschool years. Contact your local Public Health Services office for a free copy.

Baby food cookbook



Preparing your own baby food makes good sense. Remember though, it will only be as good as you make it. If you use healthy cooking methods, are careful about cleanliness, don't add salt, sugar, butter, or spices, your homemade food will be a healthy eating choice for your baby.

Preparing safe and healthy baby food

The following tips will help you to make sure that your homemade baby food is as healthy and safe as it can be.

Choosing equipment

The equipment you use can be as simple or as complicated as you wish. An electric blender or food processor is a great help but not necessary. Food grinders or mills are inexpensive, easy to carry around, and good for making single servings. A food masher (potato masher) or sieve and spoon can also be used.

You will also need

- saucepans
- measuring cups
- measuring spoons
- ice-cube trays and freezer bags (if freezing food)
- small containers

Getting ready to cook

Before you cook any food for your baby, make sure that your hands are washed with water and soap. Make sure your equipment is clean. Clean equipment in hot soapy water and rinse well, or use a dishwasher.

When cooking fruit and vegetables, clean them first, by scrubbing with a brush, and remove pits and seeds.

Choosing the ingredients and cooking methods

Choose ripe, fresh fruit and vegetables when in season. When fresh vegetables are not available or are too expensive, try to use unsalted frozen vegetables. If you can't purchase fresh fruit, buy unsweetened frozen fruit or fruit canned in juice or water.

Cook fresh vegetables or fruit in their skins until they are tender, not limp and discoloured. Use only a small amount of water when cooking on the stove. You can cook vegetables in a steamer or microwave with a small amount of water. If you follow these steps you will prevent vitamin and mineral loss.

When cooking meat, poultry, or fish, broil, roast or stew. These methods allow fat to drain from the food. Frying will add extra fat and is not a good method to use.

If you are cooking food for the whole family, remember to leave out spices, butter or margarine, salt, and sugar until after you have removed your baby's portion of food.

Blending baby foods

With a blender or food processor

Put a small amount of water or milk in the blender or food processor before adding 125–250 mL (1/2–1 cup) of food. Blend on low until smooth. Strain if necessary. Blending food when it is hot gives it a smoother texture.

With a food mill

Put cooked food into the mill. You may have to add liquid to keep it moist and not too dry.

With a sieve and spoon

Mash the cooked food with a fork or potato masher. Press food through sieve with a wooden spoon.

Storing baby food

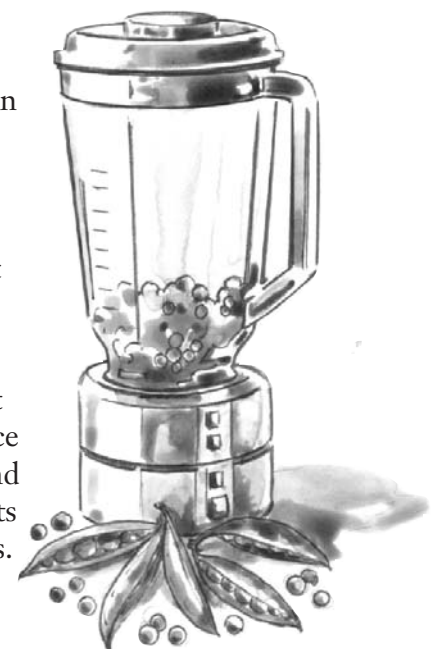
You can make your baby food before each meal or ahead of time and store in your refrigerator or freezer.

In the refrigerator

Keep the baby food in tightly covered containers in the coldest part of the refrigerator for no longer than 3 days. Food that has been heated and is left over should be thrown out.

In the freezer

You can freeze homemade baby food. It should be put into the freezer right after you make it. Put 30 mL (2 Tbsp) of strained food in each cube of an ice cube tray. Cover and freeze. When frozen hard, take cubes from the tray and put in a freezer bag. Label and date the bag. As the baby gets bigger and eats larger portions, try freezing food in muffin tins and then put in freezer bags.



Baby food can be frozen for the following lengths of time:

- In a deep freezer—3 to 6 months
- In a refrigerator with a separate freezer door—1 to 3 months
- In a refrigerator with an inside freezer—1 to 2 weeks.

Preparing frozen baby food

Don't thaw your baby's food until you are ready to serve it. To thaw, heat cubes in a double boiler or in custard cups placed in a pan of hot water. If you use a microwave oven to thaw baby food, make sure that you test the centre portion of the food as well as the outside. Stir it well, then let it sit for a minute and retest before serving it to your baby. Microwaves heat food from the inside out, and it is possible to misjudge the temperature of a food if you don't test carefully.

NEVER REFREEZE FOOD ONCE IT HAS BEEN THAWED.

The following pages have recipes to help you make your own baby food vegetables, fruit, milk, poultry, fish, and meat dishes.

Recipes

Vegetable Delights

Start with fresh or frozen mild-tasting vegetables such as squash, peas, sweet potatoes, green or yellow beans, or carrots. See page 34 and 39 for more information on when to start vegetables and which vegetables to start with.

Blend, mill, or sieve:

250 mL (1 cup) frozen or fresh vegetable, cooked tender

60 mL (1/4 cup) water, formula, or breast milk

(Remember not to add salt or other seasonings!)

Refrigerate extra in tightly covered containers for no longer than 3 days, or freeze in ice-cube trays.

For a smaller amount:

Blend, mill or sieve:

125 mL (1/2 cup) frozen or fresh vegetables with 30 mL (2 Tbsp) breast milk, formula, or water

Fruit Flings

Try mild fruit such as bananas, apples made into applesauce, peaches, or pears at first. For more information on when to start fruit and which fruit to start with see page 35 and 39.

Bananas

Mash with a fork. Use unsweetened juice, breast milk, or formula to thin. It is better to use bananas immediately because they do not freeze well.

Other Fruit

Blend, mill, or sieve:

5 medium-sized apples, bananas, pears, or peaches, pared, cored, and sliced, cooked tender.

Small amount of water or unsweetened fruit juice (just enough to let blender or mill work at the fruit).

Refrigerate in tightly covered containers for 3 days only or freeze in ice cube trays.

For a small amount:

Blend, mill, or sieve:

60 mL (1/4 cup) cooked fruit pieces

10 mL (2 tsp) unsweetened fruit juice or water

Once your baby has tried a variety of fruits, try mixing two different kinds of fruit together. For example, try pear and apple or prune and apple.

QUICK TIP: As your baby gets older, she will probably want to try other fruit such as chopped fresh fruit salad, crushed pineapple (unsweetened), plums, or berries. Remember to be careful about pits, seeds, and tough skins on fruit.

Milky Surprises

Plain yogurt, cottage cheese, custard, and homemade milk puddings are delicious and add variety to your baby's menu. Wait until your baby has had her first whole egg to give custard.

Sugar, honey, molasses, and other sweeteners are not needed for your baby's food.

Custard

250 mL (1 cup) milk

1 egg

2 mL (1/2 tsp) vanilla

Beat egg. Add milk and vanilla. Pour into custard cups. Place in pan of water.

Bake in 325°F (165°C) oven about 30 minutes. Cool quickly. Serve cold.

Basic Mix for Puddings

175 mL (2/3 cups) cornstarch

125 mL (1/2 cup) sugar

1 mL (1/4 tsp) salt

1 L (4 cups) skim milk powder

Mix ingredients well. Store in a tightly covered container. Makes about 1L (4 cups) of dry mix.

Vanilla Pudding

35 mL (2 1/2 Tbsp) dry basic pudding mix

60 mL (1/4 cup) water

5 mL (1 tsp) soft tub margarine

1 mL (1/4 tsp) vanilla

Mix the dry pudding mix with the water. Stir and cook in a double boiler until thick. Stir in margarine. Cool slightly and add the vanilla.

Cottage Cheese with Fruit (7 months or older)

Blend, mill, or sieve until smooth:

125 mL (1/2 cup) cottage cheese

125 mL (1/2 cup) cooked fruit

Mix cooked fruit into the cottage cheese and serve. If your baby doesn't like the lumpy curds, puree the cottage cheese before adding the fruit.

Yogurt Yummy

Mix well:

125 mL (1/2 cup) plain yogurt

125 mL (1/2 cup) strained fruit

Mini Meats and Luscious Legumes

Chicken, turkey, lamb, veal, and fish are the easiest for your baby to digest. Try these first. Then try beef and liver. For more information on meat and alternatives see page 5, 36, and 40. Use meat and poultry that has been braised, broiled, roasted, or stewed. Fatty meats, such as canned luncheon meat, bologna, or wieners, and fried meat, fish or poultry, are not good choices for babies.

Grind or puree meat while it is still warm to help it reach a fine texture. Cooking meats using low heat and slow cooking will help ensure a tender and flavourful meat.

Luscious Legumes

250 mL (1 cup) cooked beans, peas or lentils (green or brown)

1 fresh tomato, chopped

30 mL (2 Tbsp) chopped green pepper

30 mL (2 Tbsp) water or unsalted vegetable broth

Soak lentils or legumes (lima beans, split peas) overnight. Drain. Add fresh water to cover. Bring them to a slow boil. Reduce heat and simmer until tender (lima beans—1/2 hour; lentils—1 1/2 hours). Drain and put through a fine sieve or blender. Whip with a spoon or whisk over heat, add tomato, green pepper, and water/broth. If you want a thinner mixture, add more water/broth.

When your baby has tried all poultry, meat, and fish separately, you can try combination dinners.

Combo Dinner

Use this recipe only after all foods have been introduced individually.

Blend or mill:

125 mL (1/2 cup) cooked, cubed poultry, meat, or flaked fish

125 mL (1/2 cup) cooked vegetables

30–60 mL (2–4 Tbsp) unsalted broth or vegetable juice

As your baby gets older, you will be able to change the texture of the baby foods you make. See page 41 for more information on food textures.

Eventually, your baby will be able to eat family meals that are plainly cooked and chopped into baby-size bites.

For more information

If you feel that you would like to read more about feeding babies and children contact your local Public Health Services office for the following publications:

- *Breastfeeding Basics*
- *After Year One: Food for Children*

Public Health Services

Amherst

18 South Albion Street
Phone: 667-3319
or 1-800-767-3319

Annapolis Royal

Annapolis Community Health Centre
St. George Street
Phone: 532-2381

Antigonish

23 Bay Street
Phone: 863-2743

Arichat

14 Bay Street
Phone: 226-2944

Baddeck

30 Old Margaree Road
Phone: 295-2178

Berwick

Western Kings Memorial Health Centre
Phone: 538-3700

Bridgewater

Suite 109, 215 Dominion Street
Phone: 543-0850

Canso

Eastern Memorial Hospital
Phone: 366-2925

Cheticamp

15102 Cabot Trail
Phone: 224-2410

Dartmouth

201 Brownlow Ave., Unit 4
Phone: 481-5800

Digby

Digby General Hospital
67 Warwick Street
Phone: 245-2557

Elmsdale

East Hants Resource Centre
15 Commerce Court, Suite 150
Phone: 883-3500

Glace Bay

633 Main Street
Phone: 842-4050

Guysborough

Guysborough Hospital
Phone: 533-3502

Halifax

(see Dartmouth)

Head of Jeddore

Forest Hills Shopping Centre
Phone: 889-2143

Inverness

Inverness Consolidated Hospital
Phone: 258-1920

Liverpool

175 School Street
Phone: 354-5738

Lunenburg

14 High Street
Phone: 634-8730

Meteghan Centre

Clare Medical Centre
Phone: 645-2325

Middle Musquodoboit

492 Archibald Brook Road
Phone: 384-2370

Middleton

462 Main Street
Phone: 825-3385

Neil's Harbour

Buchanan Memorial Community
Health Centre
Phone: 336-2295

New Germany

#5246, Highway 10
Phone: 644-2710

New Glasgow

825 East River Road
Phone: 752-5151

New Waterford

New Waterford Hospital
Phone: 862-2204

Port Hawkesbury

708 Reeves Street
Phone: 625-1693

St Peter's

Phone: 1-888-272-0096
(Voice mail only)

Sheet Harbour

Eastern Shore Memorial Hospital
Phone: 885-2470

Shelburne

Roseway Hospital
Phone: 875-2623

Sherbrooke

St. Mary's Hospital
Phone: 522-2212

Sydney

235 Townsend Street
Phone: 563-2400

Sydney Mines

7 Fraser Avenue
Phone: 736-6245

Truro

201 Willow Street
Phone: 893-5820

Windsor

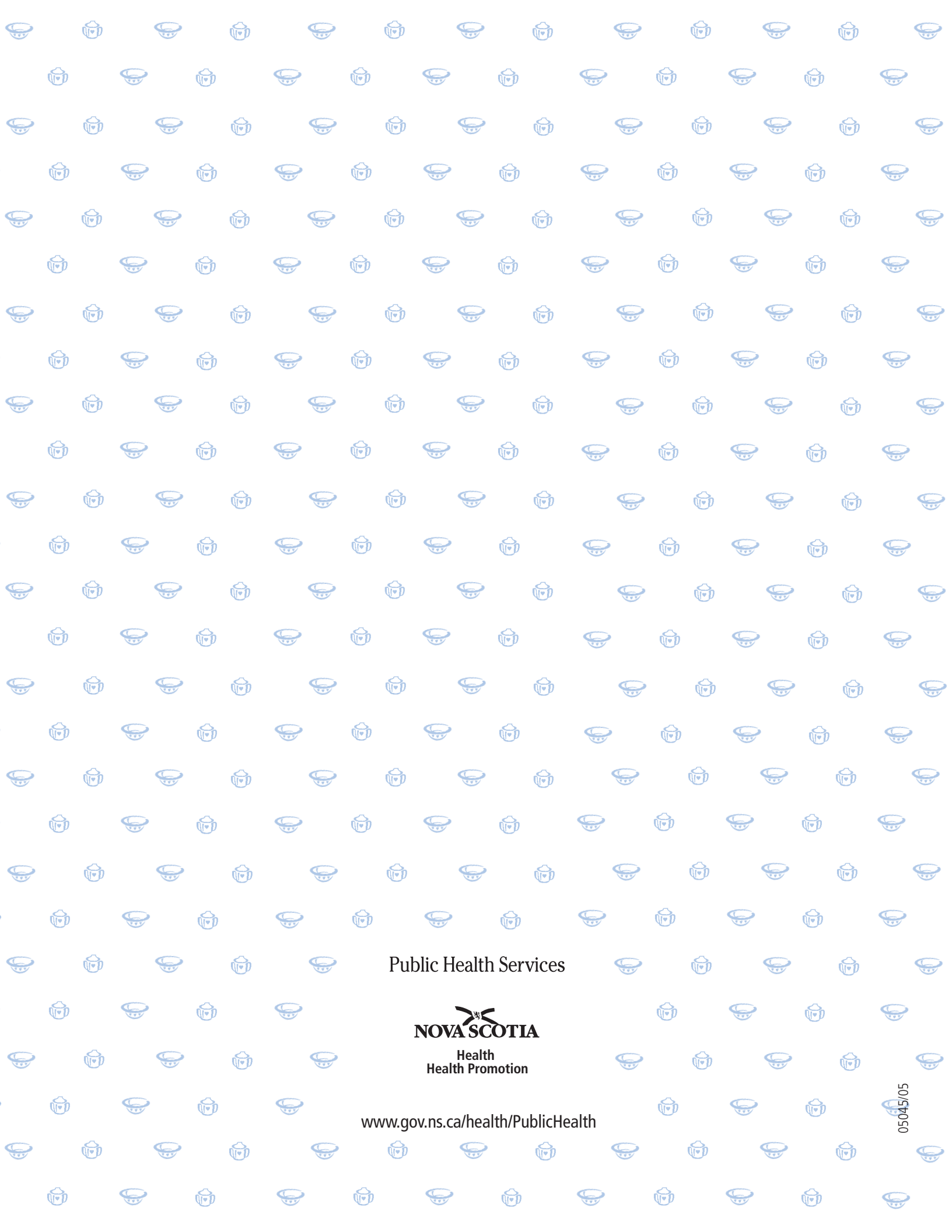
Windsor Mall
80 Water Street
Phone: 798-2264

Wolfville

23 Earncliffe Avenue
Phone: 542-6310

Yarmouth

60 Vancouver Street
Phone: 742-7141



Public Health Services



www.gov.ns.ca/health/PublicHealth