BLOCKS AND CUPS

NUTRITION

OVERVIEW OF INFANT NUTRITION

Objective: Parents will understand the importance of good nutrition in infancy.

Agenda:

1. Discuss the importance of adequate nutrition before and during pregnancy.
2. Discuss the pros and cons of breast and bottle-feeding.
3. Discuss the introduction of solid foods.

BREAST VS. BOTTLE FEEDINGS

Objective: Parents will be able to make an informed decision about infant feedings.

Agenda:

1. Discuss the composition of breast milk and the types and composition of formula.
2. Discuss how much and how often to feed.
3. Discuss area W.I.C. programs and make referrals.

PRENATAL AND NEWBORN NUTRITION

Objective: Parents will increase their knowledge of the nutritional needs of infants.

Agenda:

1. Discuss which nutrients should be added prenatally and why they are needed.
2. Discuss nutrition and infant growth and development.
3. Discuss the effects of low iron and how to prevent it.

INTRODUCTION OF SOLID FOODS

Objective: Parents will understand when and how to introduce new foods.

Agenda:

1. Discuss the milestones that indicate your baby is ready for solids.
2. Discuss ways to make the addition of solid foods a pleasant experience.
3. Discuss which foods should be omitted for safety reasons.