

North Bay, Parry Sound District

Health Unit



Bureau de santé

du district de North Bay-Parry Sound

A ROADMAP FOR EARLY FEEDING

Alex Lacarte, RD

ROADMAP



PRENATAL



0-6 MONTHS



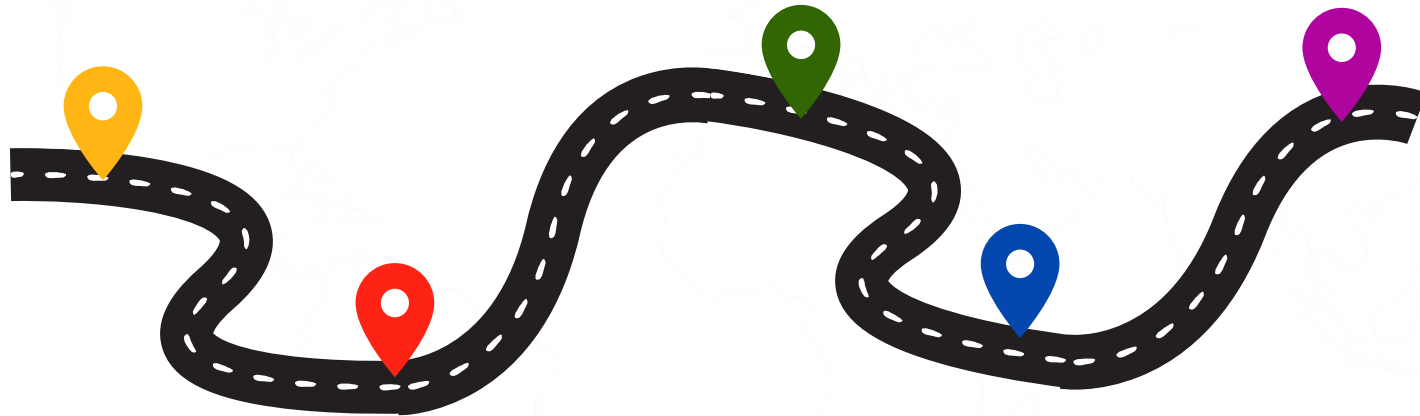
6-12
MONTHS



12-24
MONTHS



3-6 YEARS





PRENATAL



0-6 MONTHS



6-12 MONTHS

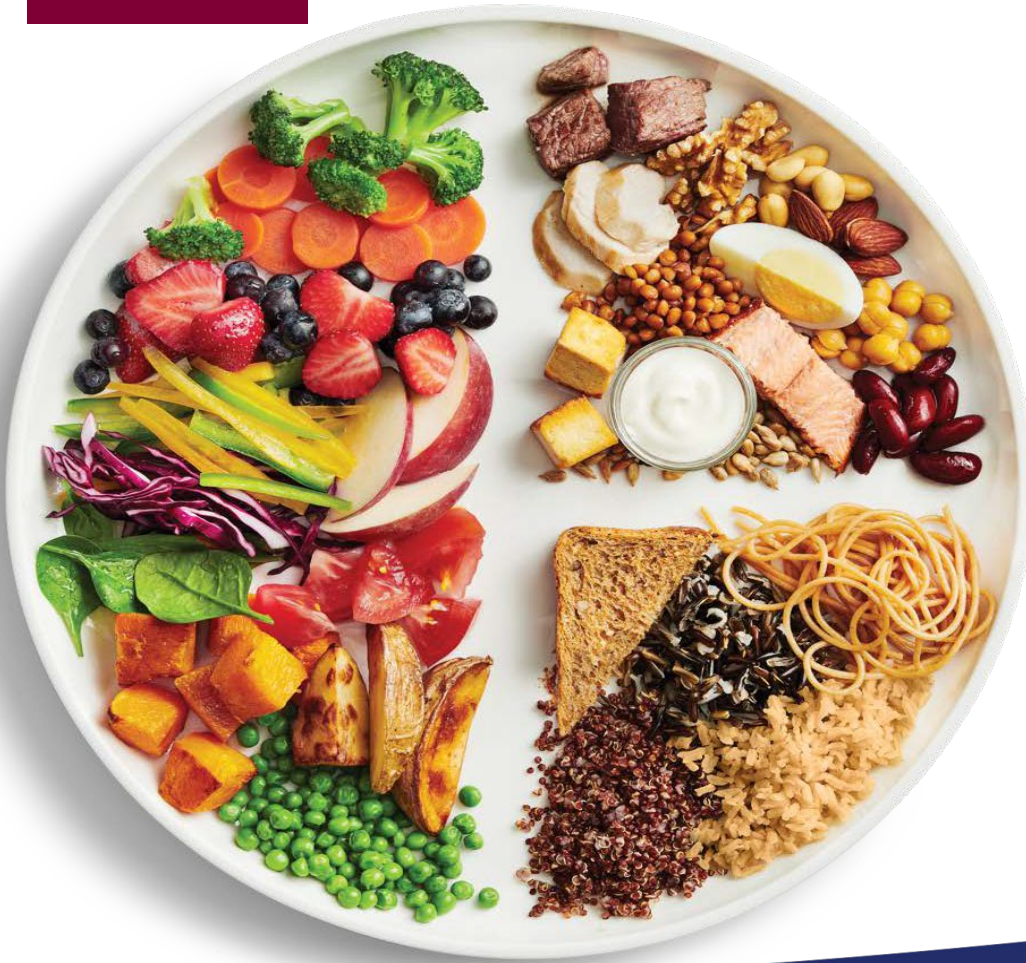


12-24 MONTHS



3-6 YEARS

The Healthy Plate¹



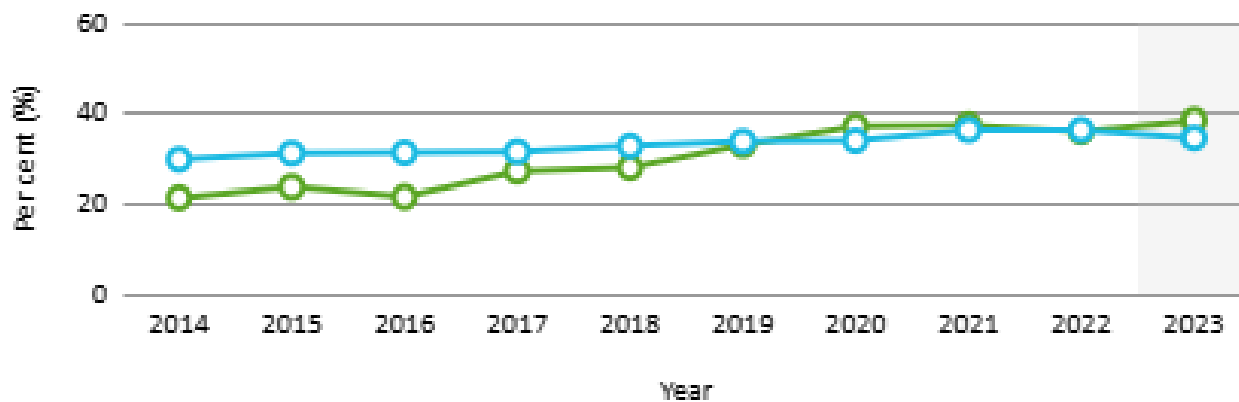
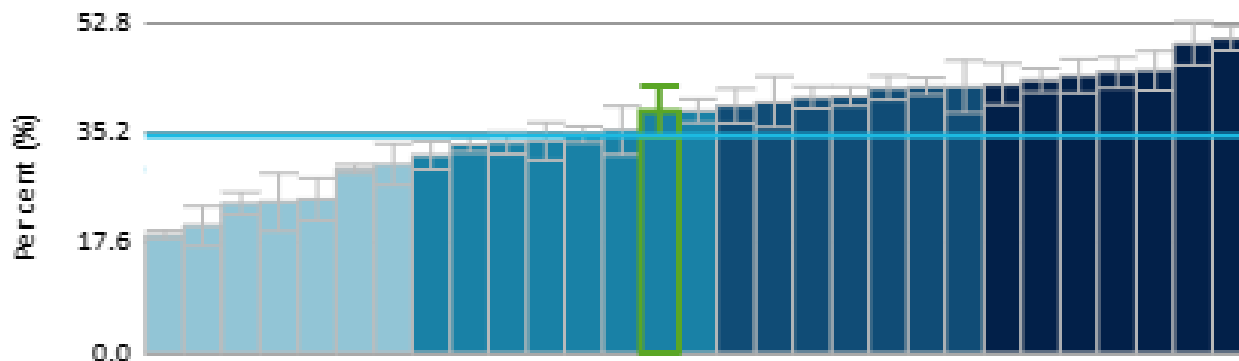
- Plenty of vegetables and fruits
- Whole grain foods
- Protein foods, including plant-based proteins

Prenatal – Folic Acid²

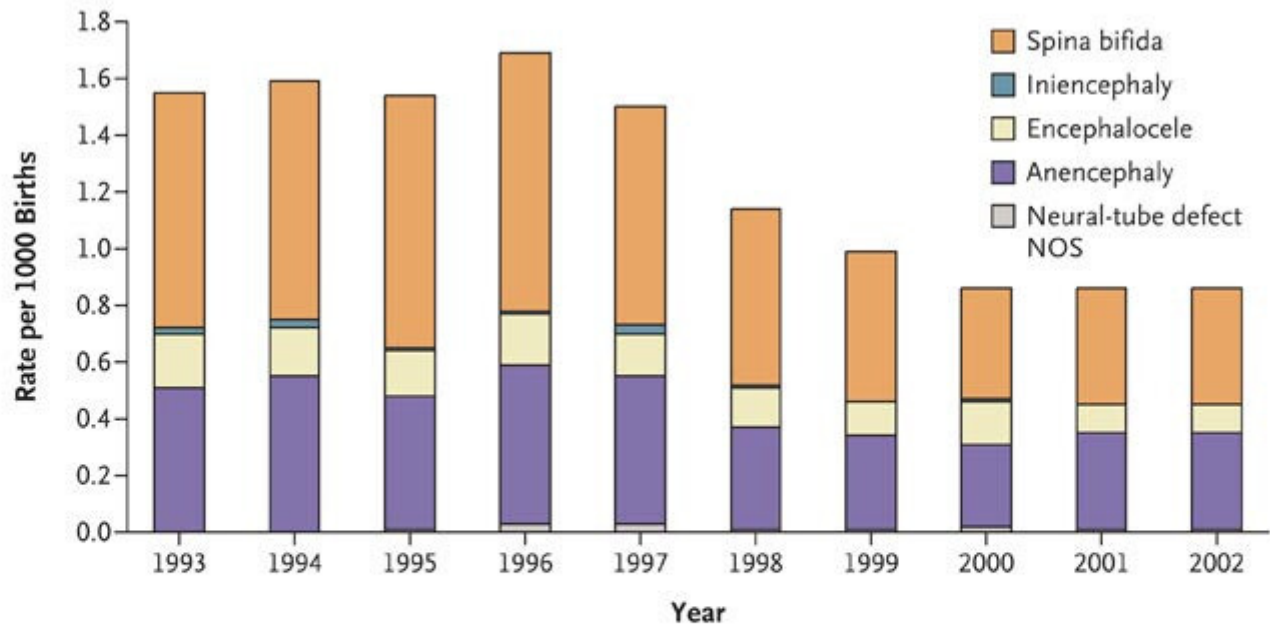
Support parents to
choose a prenatal
supplement that
provides
0.4 mg (400 mcg) of
folic acid



Folic Acid Intake³



Neural Tube Defect Rates in Canada⁴



Prenatal – Iron^{5, 22}

Support parents to
choose a prenatal
supplement with
16-20 mg of iron





ID affects >50% of pregnancies in a high resource setting



25% of pregnancies are complicated by severe ID



Yet 40% of pregnant women are not screened for ID



Eating Well During Pregnancy



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0-6 MONTHS



PRENATAL



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6-12 MONTHS



12-24 MONTHS



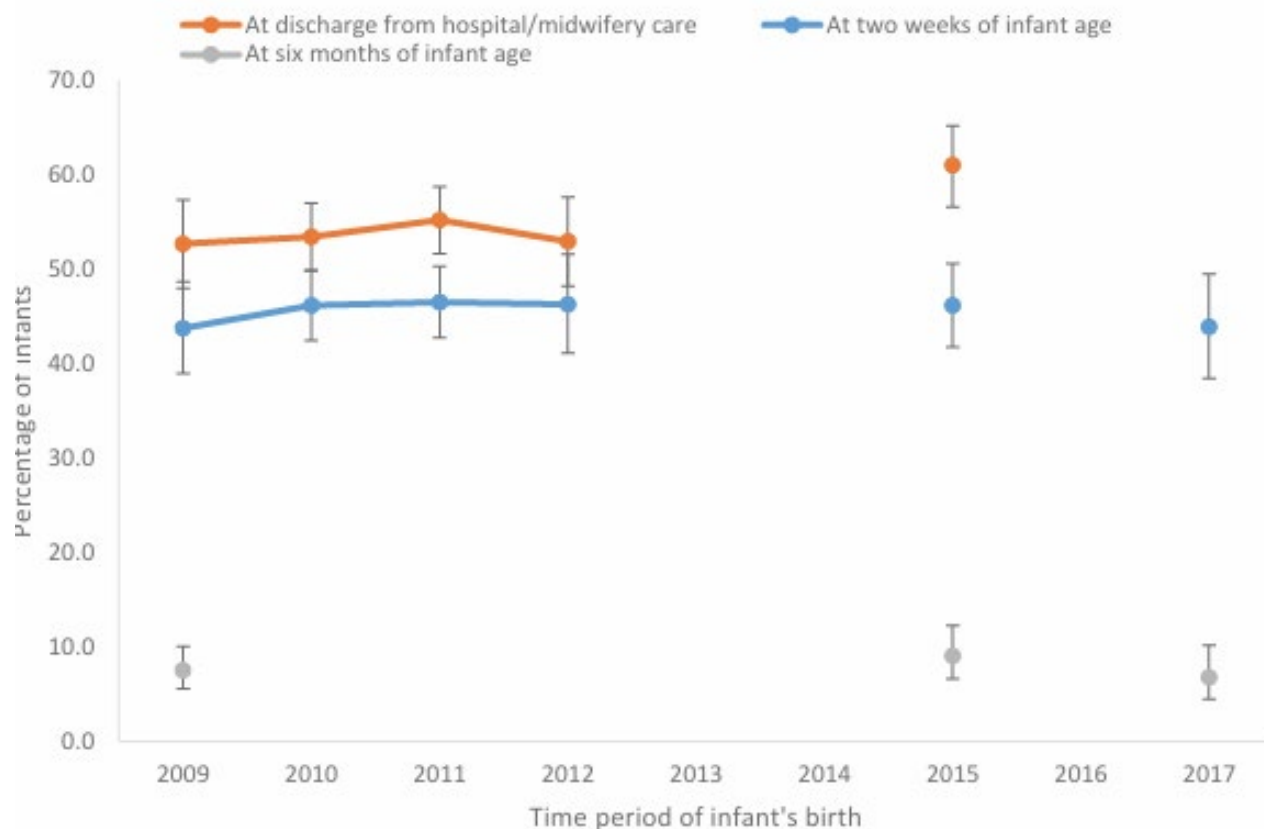
3-6 YEARS

Breastfeeding⁷

Breastfeeding is the unequalled method of feeding. It provides important nutrition and immunologic protection for an infant's growth and development.



Exclusive Breastfeeding Rates⁸



Nutrition while Breastfeeding⁷

- No special diet
- Continue taking prenatal vitamin
- When any breastmilk is provided, infants should receive 400IU vitamin D daily.

Infant Colic⁷

- Periods of irritability, fussiness, or crying that start and stop without obvious cause
- No evidence of failure to thrive
- Affect between 10% and 40% of infants
- Peaks at about six weeks of age and resolves by three to six months



Probiotics⁹

- Some evidence that *Lactobacillus reuteri* can be considered for colic
- Limited evidence
- Weighed against their financial cost



Food avoidances while breastfeeding^{10, 11}

There is inadequate evidence that eliminating cow's milk protein, either from infant formula or from the diet of a breastfeeding mother or parent, is viable or effective



Allergy Prevention¹²



- No link between maternal dietary intake and food allergy outcomes in children.
- Breastfeeding should be promoted and supported regardless of issues pertaining to food allergy prevention
- Infants whose mothers cannot or choose not to breastfeed, using a specific formula (i.e., hydrolyzed formula) is not recommended to prevent food allergies.

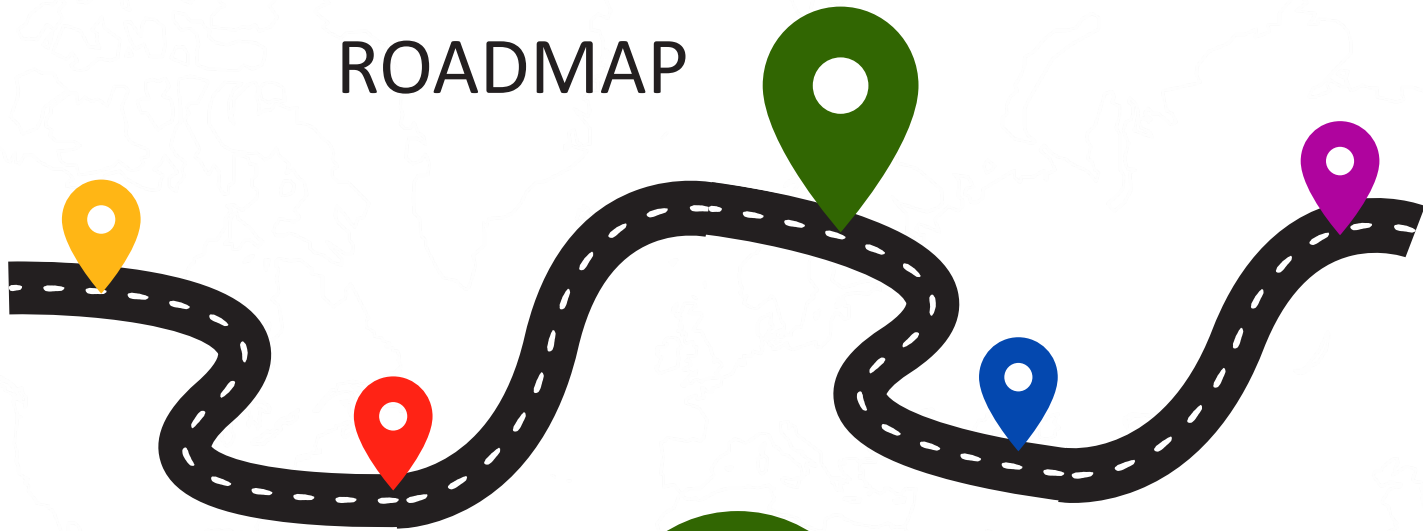
Breastfeeding Support

- Family Health Information Line x5351
- Breastfeeding Clinics
- La Leche League
- Health 8-1-1

Formula⁷

- Cows milk-based formula is recommended for an infant who is not exclusively fed human milk
- Soy-based formula is indicated only for infants who have galactosemia or for cultural or religious reasons.

ROADMAP



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0-6 MONTHS



6-12 MONTHS



12-24 MONTHS



3-6 YEARS

Breastfeeding¹³

- Breastfeeding is an important source of nutrition for older infants and young children as complementary foods are introduced.
- Protect, promote, and support breastfeeding for up to two years or longer, as long as mother and child want to continue.

Intro To Solids¹³

- Around 6 months
- Good head control
- Can sit on their own or with minimal assistance
- Bring toys to mouth





Introduce iron-rich foods¹³

- Meat (e.g., beef, poultry, lamb, goat, or game)
- Fish
- Legumes (e.g., well-cooked beans or lentils, or tofu)
- Eggs
- Iron-fortified infant cereals



Baby-Led Weaning¹⁴

- Infants are encouraged to self-feed family finger foods rather than being fed by someone else
- Food is offered in many shapes and sizes that infants can easily handle.



- Can offer homogenized (3.25% M.F.) cow's milk as a main milk source starting at 9-12 months of age¹³
- Limit consumption to 500mL to no more than 750mL in a day¹³



Allergy prevention in high-risk infants¹⁷

For high-risk infants, there is compelling evidence that introducing allergenic foods early—at **around 6 months, but not before 4 months of age**—can prevent common food allergies, and allergies to peanut and egg in particular, in a safe and developmentally appropriate way, at home.



FEEDING YOUR BABY 6-12 MONTHS



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› [Revision of Nutrition for Healthy Term Infants](#)

Nutrition for healthy term infants: Recommendations from birth to six months



The infant feeding guidelines are under revision

[Learn more about the revision process.](#)

A joint statement of Health Canada, Canadian Paediatric Society, Dietitians of Canada, and Breastfeeding Committee for Canada

This statement by the [Infant Feeding Joint Working Group](#) provides health professionals with evidence-informed principles and recommendations. Provinces, territories, and health organizations can use it as a basis for developing practical feeding guidelines for parents and caregivers in Canada.

ROADMAP



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Responsive Feeding¹⁸

- Promotes the development of healthy eating skills.
- Follow child's hunger and satiety cues.
- Encourage self-feeding
- Encourage parents and caregivers to eat with their child and be positive role models



Caregiver's Role¹⁸

1

Choose what
to serve

2

Choose when
to serve it

3

Choose where
to serve it



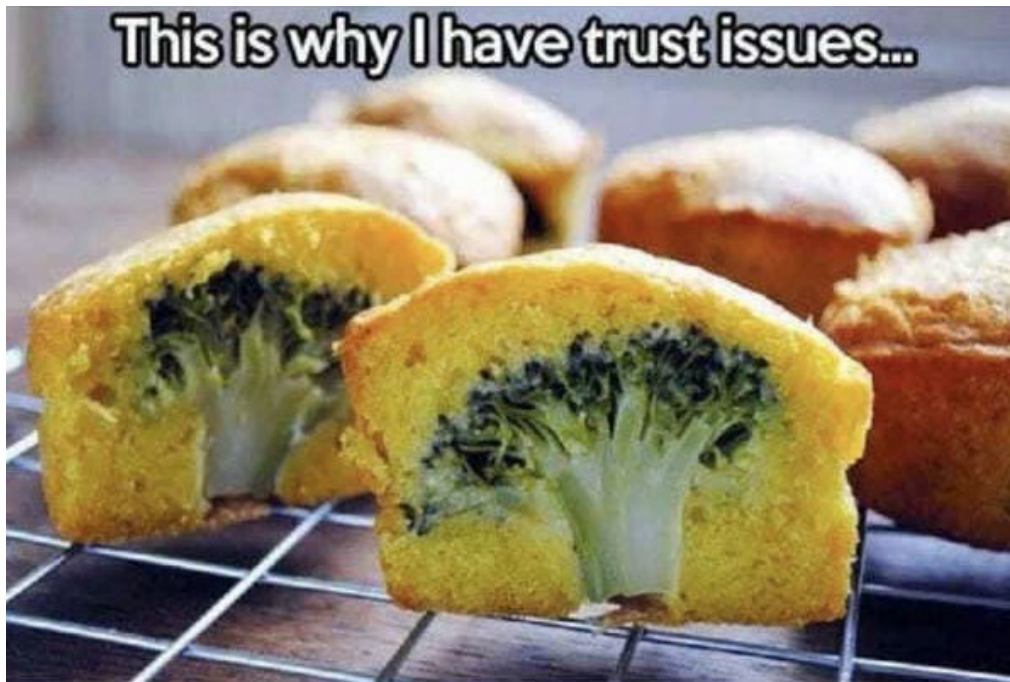
Choose the meal

- Follow Canada's Food Guide
- Provide a food that you know they like with unfamiliar foods
- Do not cater
- Do not pressure/bribe
- Do not hide foods

I updated the Food Pyramid to be more accurate depiction of what my children are willing to eat.



This is why I have trust issues...



Regular schedule

- Should be spaced 2-3 hours apart
- Scheduled at the same time every day (consider daycare or school schedule)
- Provide time warnings before meals and snacks



Where to serve it

- At a table and eating with others
- Use high chairs or boosters so they are sitting at the right level
- Keep devices off
- No toys or distractions at the table

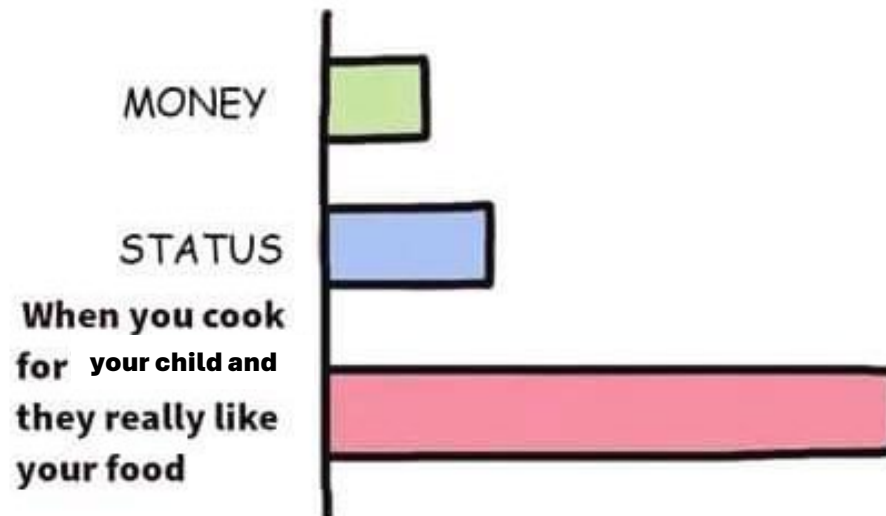


Child's Role¹⁸

- Choose what to eat **from what the caregiver has served**
- Choose how much to eat
- Choose if they eat



WHAT GIVES PEOPLE FEELINGS OF POWER



Throwback to when my kid ate
whatever I made for dinner without
complaining.



Tips for “picky eaters”¹⁹

- Offer foods in a variety of ways
- Always serve a meal/snack with a food they do like
- Don't talk about food
- **Follow the division of responsibility!**

TRUST ME. TRUST MY TUMMY.



A positive relationship with food starts early in life with healthy eating habits—how you approach feeding and mealtimes is just as important as what you offer.

YOU DECIDE:

- ✓ What foods to offer
- ✓ When to offer meals and snacks
- ✓ Where your child will eat



TRUST YOUR CHILD TO DECIDE:

- ✓ Which foods to eat
- ✓ How much to eat



TIPS FOR BUILDING HEALTHY EATING HABITS FOR CHILDREN 1-5 YEARS OF AGE

- ✓ Provide a meal or snack every 2 1/2 to 3 hours, instead of frequent snacks or a snack too close to mealtime
- ✓ Offer small portions of food
- ✓ Allow your child to say “no thank you” or “more please”
- ✓ Patience is better than pressure; if you say or do something to get your child to eat, it is likely a form of pressure
- ✓ Even positive pressure like praising, bribing or applauding will not help your child to eat more
- ✓ Let your child choose what and how much to eat from the foods you offer
- ✓ Have your child seated at a table for both meals and snacks
- ✓ Keep meal and snack times free of toys, screens and other electronics





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 0 Items

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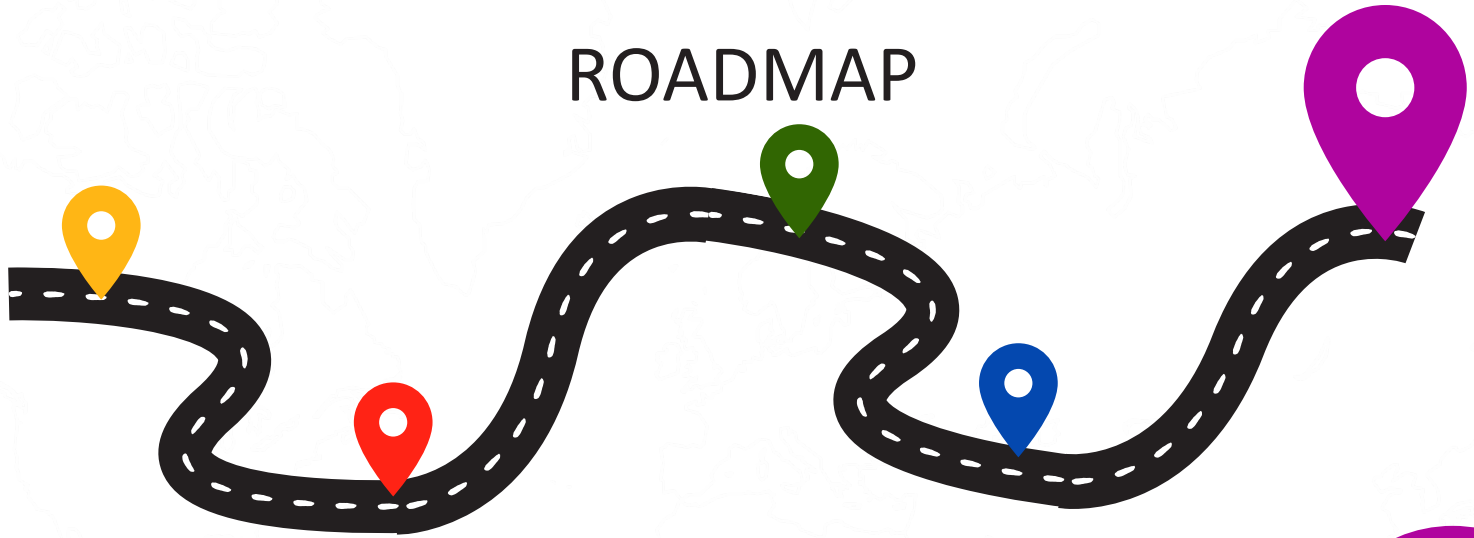
ESI Practice Resources



Family Meals Focus

Get tips on coping with interference from

ROADMAP



PRENATAL



0-6 MONTHS



6-12 MONTHS



12-24 MONTHS



2-6 YEARS



NutriSTEP®

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NutriSTEP®
Licence &
Questionnaires

Research Activities

For Partners &
Providers

Français



Nutri-eSTEP

Nutrition Screening Tool for Toddlers and Preschoolers

The NutriSTEP® questionnaires ask 17 questions about a child's typical food choices, eating behaviours, as well as physical activity and growth. Parents can complete the NutriSTEP® questionnaires online with Nutri-eSTEP, get immediate feedback, and get links to credible articles and tools.

**Nutri-eSTEP Toddler
Questionnaire (18-35 months)**

**Nutri-eSTEP Preschool
Questionnaire (3-5 years)**

What is Nutri-eSTEP?

- Nutri-eSTEP is a web tool that takes users through each of the 17 questions of the validated NutriSTEP® questionnaires and provides immediate feedback based on answers, as well as links to relevant resources
- Users can access/use/find internet adaptations of the NutriSTEP® questionnaires on this site.
- General demographic information is collected.
- The NutriSTEP® questionnaires take less than 15 minutes to complete
- Feedback messages for each question are categorized into "What is Going Well" and "What to Work On", depending on response to the question. No scores are provided to users.
- Users can save and print Results and Feedback messages for themselves or for their health service providers.
- Users are not able to access their Results after they leave the site.
- Links to credible nutrition articles, tools, recipes, and community services are provided.
- Nutri-eSTEP has undergone reliability testing with parents and caregivers who provided guidance on web design, functionality and content.
- Promotional materials are available in [Resources](#).



Local NutriSTEP Data²⁰

This % of 3-5 Year-olds need more:

Fruits



Vegetables



Milk
& Alternatives



Meat
& Alternatives



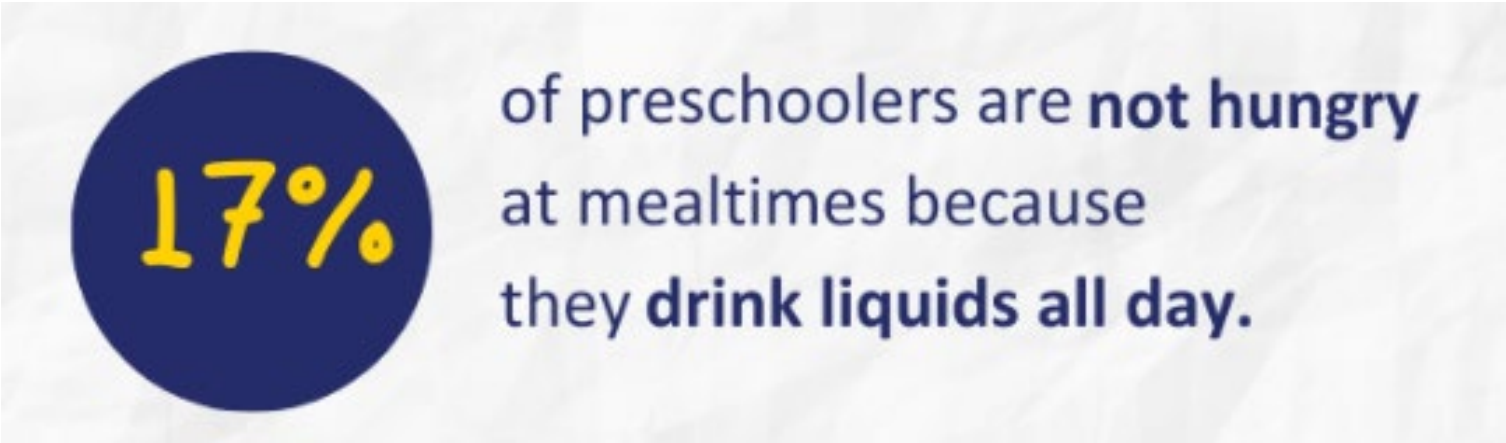
Local NutriSTEP Data²⁰

$\frac{1}{3}$ of parents



do not let their preschooler
decide how much to eat,
most of the time or always.

Local NutriSTEP Data²⁰



17%

of preschoolers are **not hungry**
at mealtimes because
they **drink liquids all day.**

Local NutriSTEP Data²⁰

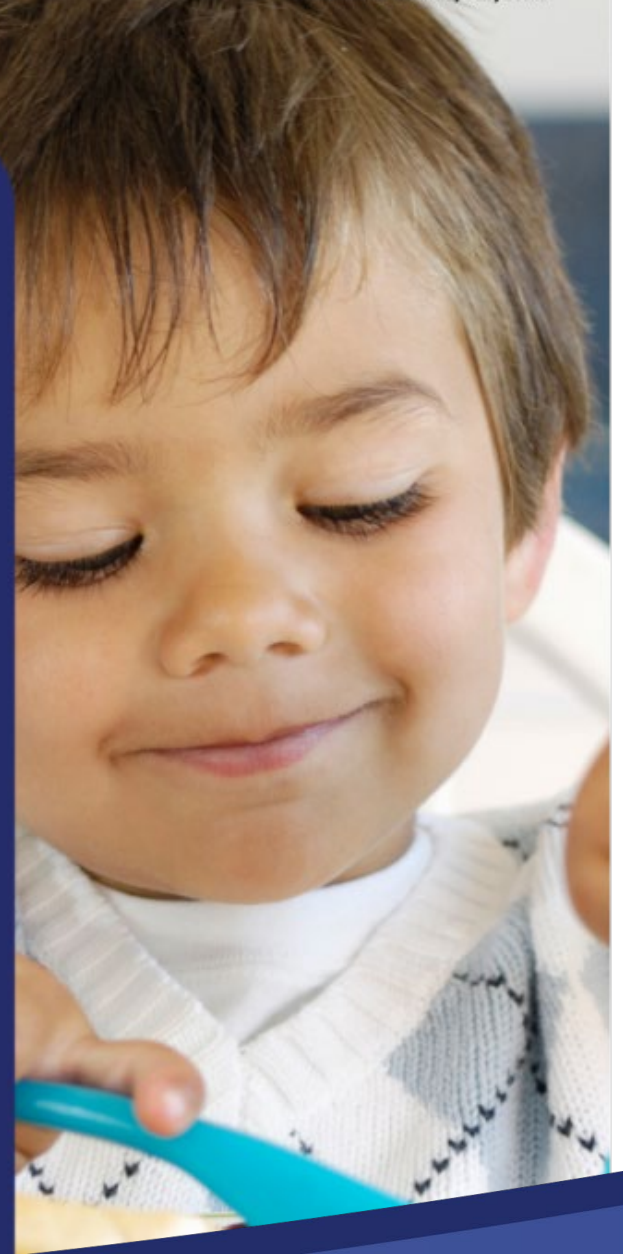


One out of ten

preschoolers watch TV while
eating meals, **most of the time
or always**

Tips for Parents and Caregivers

- Serve regular sit-down meals and snacks
- Provide only water between meal and snack times
- Trust children to eat the amount of food they need
- Don't put pressure by asking children to eat foods in a specific order or amount
- Continue to expose children to new foods and try not to become discouraged if they don't try them at first



Supportive Environment^{19, 21}

- Healthy children can self-regulate the amount of food
- Fluctuations are normal
- Pressuring rarely (almost never) helps
- Children do not have the cognition to understand the health properties or impacts of food





TIPS TO HELP YOUR CHILD

Have a Positive Relationship with Food & their Body

Children are exposed to many messages about food, health, and bodies through media, family, friends and school. Our personal experiences impact how we talk about food and bodies with our children. Below you will find tips to help your child develop a positive relationship with food and their body.





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PEDIATRIC NUTRITION GUIDELINES

For Health Professionals

(Birth to Six Years)



January 2025

(last revised March 2025)

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Questions?

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