

My First Chair

When your baby wants to feed himself, it's time to get a high chair.

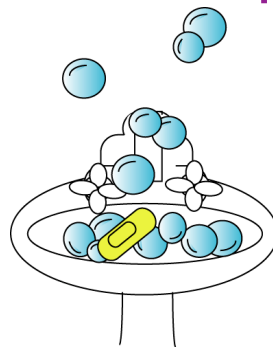
A high chair will help your baby learn how to feed himself. It will also help your baby be part of the family table. Your baby's first chair is a very important chair!

Say "Yes to a Mess"!

Playing with food is part of learning how to eat. **Your toddler will learn a lot about food before it ever gets into his mouth by touching and playing with food.**

Playing with food can be messy. That's okay! **Say yes to a mess and help your toddler learn to enjoy eating a variety of foods.**

- ♥ **Bring his high chair to the family table.** Your toddler will learn how to eat by watching you and others eat. Talk while you eat – talk about how the food tastes good, talk about how you chew the food. Offer a drink from a cup without a lid.
- ♥ **Be ready for a mess.** Put newspaper under the high chair before eating. The newspaper can be easily thrown away later. Or put a large towel under your child's chair. Shake off any excess food and wash the towel. Clean up can be easy!
- ♥ **Toddlers need to eat with their hands.** Most foods can become fun finger foods. Help your toddler wash his hands before eating.
- ♥ **Offer soft finger foods on the high chair tray.** Use table foods when possible. Avoid foods that are high in salt, sugar or spices for young toddlers.



♥ **Keep pets out of the kitchen when eating.** Pets will eat whatever falls on the floor. It can be very tempting for your toddler to feed the cat or dog instead of eating.

♥ **Let your toddler play with food while eating.** Toddlers need to wear their food before they learn to eat their food. Don't worry if the spaghetti sauce is on their face or hair. Toddlers are washable.

♥ **After eating, help your toddler wash his hands and face in the sink.** If your toddler is real messy, this may be a good time for a bath.

There are portable high chairs which are easy to bring along when eating at homes of friends or family.

Your toddler can join the fun at every family table



Heartburn Relief

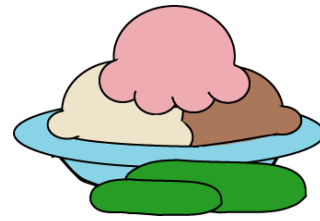
Heartburn is sometimes a problem during pregnancy. Changes in your body can cause heartburn early in your pregnancy.

Heartburn is more common during the last months of pregnancy when your baby is growing fast and pushing up on your stomach.

Here are some tips to help prevent heartburn:

- ♥ **Eat 5 or 6 small meals each day.** The most common cause of heartburn is the lack of room for your stomach. Eating small and frequent mini meals or snacks will help your baby get the nutrition he needs.
- ♥ **Try drinking only small amounts of liquids with your meals.** Liquids may be filling up your stomach. Drink more of your milk, water or juice between meals and snacks. Try drinking liquids about 1 hour after eating.
- ♥ **Limit fatty or fried foods.** Fried foods, french fries, ice cream, pizza, chips, sausage, bacon, sweet rolls and butter are some fatty foods that can cause heartburn.
- ♥ **Limit spicy foods.** Some pregnant women get heartburn from spicy foods. If there are some foods that cause heartburn for you, stay away from them. You will probably be able to eat these foods again after your baby is born.
- ♥ **Drink less soda and coffee.**
- ♥ **Wear clothes which are loose around your waist.** Tight clothes can cause heartburn when you are pregnant. Your baby needs room to grow.
- ♥ **Take time to eat.** Relax, chew well and eat slowly. You are more likely to get heartburn when you eat fast.

Talk to your health care provider about any medicines you want to take for heartburn.



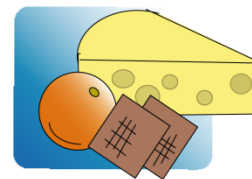
Are breastfed babies less likely to be overweight?

Yes, studies have shown that babies who are breastfed for at least 1 year are leaner than those babies who were weaned earlier.

Any amount of breastfeeding will help your baby be healthy for life!

One study found the risk of being overweight was reduced by 4% for every month of breastfeeding – up to 9 months.

Some researchers suggest that breastfed babies may be able to feel their “full” and “hungry” signals and better control their calorie intake than formula fed babies.



Limit stress!

Stress can upset your stomach.

Relax and eat for your baby.