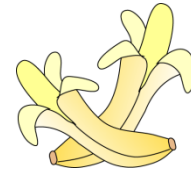


Weaning your Toddler

Choose the weaning technique that will work for your toddler.



Four ways to wean a toddler from a bottle:

- 1 When your baby is close to his first birthday, put regular milk in a cup at mealtimes.**
 - Never put regular milk in a bottle.
 - When you are finished with the formula, get rid of the bottles.
- 2 Gradually reduce the amount of milk that you offer in the bottle.**
 - If your toddler is drinking 8 ounce bottles, reduce the amount to 6 ounces for a week.
 - Then reduce to 4 ounce bottles for a week.
 - Then reduce to 2 ounce bottles for a week.
 - And then get rid of the bottles.
- 3 When your baby turns 1 year old, offer only water in the bottle.**
 - Offer milk in a cup. Your toddler will learn to prefer the cup.
- 4 Limit the number of bottles.**
 - If your toddler is drinking 4 bottles a day, reduce to 3 bottles a day for a week.
 - Then reduce to 2 bottles a day.
 - Then 1 bottle a day.
 - Then get rid of the last bottle.

Your toddler needs 2 cups of milk each day.
That's 16 ounces of milk.



Cups without Lids

Your toddler doesn't need a spill proof cup. If you do use one, use it for only a short time.

- ☺ **Don't let your toddler walk around the house with a cup.**
- ☺ **Use a cup without a lid at meals and snacks.** Put small amounts of milk or juice in the cup. Your toddler needs to practice using a cup. He will spill at times.
- ☺ **Offer water in a cup if your toddler needs a drink between meals and snacks.**
- ☺ **If you must travel with a spill proof cup, put only water in it.** Water will not ruin an appetite or cause cavities.
- ☺ **Put your toddler to bed without a bottle or spill proof cup.** Singing, reading or rocking your toddler may help at bedtime.

Help your toddler learn to drink from a regular cup without a lid at meals and snacks!

Bring along a snack for your toddler when running errands:

- ☺ Banana
- ☺ Whole grain crackers
- ☺ Breakfast cereal

Are vegetable and fruit puffs a healthy snack?

Yes, they are a healthy snack. However, they are mostly cereal with small amounts of fruits and vegetables for flavor.

Are jellied fruit snacks a healthy snack?

No, they are not a healthy snack. Fruit snacks are mostly sugar with very little fruit juice in them.

Pregnant and Snacking

Choose snacks that make up for those foods you may not be eating enough of:

Milk Group

Glass of milk

- Low fat yogurt with fresh berries or fruit
- String cheese or cheese curds
- Cheese and whole grain crackers
- Cottage cheese with chopped tomatoes
- Hot cocoa made with milk

Meat Group

- Peanut butter on toast or crackers
- Hard cooked eggs – peel and eat!
- Grilled chicken legs or wings
- Small hamburger with bun
- Small taco

Vegetables

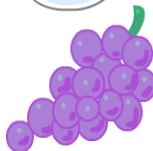
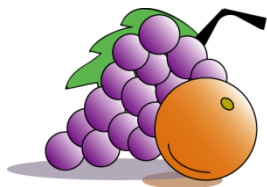
- Raw broccoli or cauliflower
- Baby carrots or carrot sticks
- Cherry tomatoes or grape tomatoes
- Cucumber slices
- Lettuce salad
- Glass of tomato or vegetable juice

Fruits

- Orange or Apple
- Banana
- Pineapple chunks
- Peach or Pear
- Kiwi Fruit
- Canned Fruit – canned in juice
- Mandarin oranges

Eat small frequent meals and snacks.

You will feel better!



Why does my baby breastfeed all the time?

Your baby may breastfeed 8 to 12 times in 24 hours.

He needs to breastfeed every 1 ½ to 3 hours.

It may seem like he is eating all the time. He needs to eat often – he's growing fast!

How long should your baby breastfeed at a feeding?

This depends on your baby.

Watch your baby for signs of hunger and fullness.

Let your baby finish feeding on the first breast and then offer the second breast.

Let your baby decide when to stop feeding. Your baby will let go or fall asleep when he is full.

Some babies are very sleepy and don't wake up to eat during the first few weeks.

Wake your newborn baby if it has been more than 3 hours since his last feeding.

The problem with spill proof cups

Many toddlers use these cups to avoid spilling on themselves, car seats or carpet.

They sound like a good idea, but spill proof cups can be a problem!

☺ **Toddlers can develop tooth decay.** Some toddlers walk around the house with cups, ride in the car with cups or even go to bed with cups. **Tooth decay happens when teeth are exposed to juice, milk or sweet drinks often during the day.**

☺ **A toddler's appetite may be ruined by drinking too much juice, milk or sweet drinks.** It's easy to drink too much when he is carrying a cup with him. **You may think your toddler is fussy at mealtimes, but maybe he is not hungry.**