



Feeding: Birth to 2

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About Me:

- Speech Therapy
- Language Therapy
- Feeding Therapy
 - Prematurity
 - Brain Injury
 - Drug Exposure
 - Special Needs
 - Other



Birth: Breastfeeding, Formula, or both?

- “Controversial” topic
- Choose what’s best for you
- Benefits to both



Breastfeeding

- Benefits
 - Decrease in allergies
 - Increase in Antibodies
 - Health
 - Mother/child bonding
 - Sometimes easier transition to table foods
 - Nutritious
 - “Free”



Breast Feeding

- Disadvantages
 - Diet
 - Time
 - Schedule
 - Energy
 - Amount
 - Pacing



Formula

- Benefits
 - Exact amount
 - Controlled Flow
 - Regular/Longer schedule
 - Not just Mom
 - Less dietary restrictions



Formula

- Disadvantages

- Highly decreased bonding
- No antibodies/health benefits
- “Artificial”
- Which one?
- Digestive issues/constipation
- Expense \$\$\$



Why not both?

Combining Breastfeeding with bottle

- Benefits
 - All the benefits of breastfeeding alone...
- Plus...
 - Not just mom
 - Easier in the long term
 - Less “controversy”
 - Schedule



Why not both?

Combining Breastfeeding with bottle

- Disadvantages
 - Confusion
 - Dietary Restrictions
 - Freezer space
 - Expense
 - Pumping Kit
 - Bags



Table foods

- When?
- What?
- How?
- How much?



Table Foods

- 4-6 months
 - **Unsupported** Sitting
 - Baby purees mixed with formula/milk
 - Spoon, finger play
 - Gerber Cereal, Oatmeal
 - Liquid Nutrition, food for play



Table Foods



- 6-8 months
 - Assisted cup drinking (water/milk only)
 - Veggie/fruit puree (stage 1 and 2 or smooth, minimal lumps) via spoon and fingers
 - Main nutrition is liquid

Table Foods

- 6-8 Months
 - Spoon and “self”-feeding
 - Introduce with HIGH alert
 - Strawberries
 - Avocado
 - banana
 - Other high allergens
 - Avoid:
 - Dairy
 - Nut butters (peanut butter, Nutella, etc)



Table Foods

- 9-12 months
 - Assisted open cup, plus unassisted sippy cup and/or straw
 - Water
 - Watered down ($\frac{1}{4}$ juice, $\frac{3}{4}$ water)
 - Milk/formula
 - Lumpy puree (stage 3) and Soft Solids,
 - Overcooked and smashed veggies, pasta
 - Soft or meltable puffs
 - Easy to munch
 - Very soft, broken down meats



Table Foods

- 9-12 months
 - Trial Dairy and other Allergens with care
 - Always consult your doctor or pediatrician!
 - Mixed Liquid + Table Food Diet
 - High supervision
 - Mouthing
 - Teething
 - Drooling

Table Foods

- 12-18 months
 - Chopped Table Foods (with care)
 - Chicken nuggets
 - Cooked veggies, pasta
 - Soft fruits (bananas, peaches, avacado, etc)
 - Soft meats
 - Ground beef, turkey
 - Finger Foods
 - Early Self-Feeding Skills

Table Foods

- 12-18 months
 - Liquids
 - Cup or Bottle
 - Straw or open
 - Watered down juices
 - Whole or low-fat milks
 - Crunchy solids with care
 - Diet is mainly solids
 - -monitor liquid intake for hydration
 - Consult Doctor if concerns

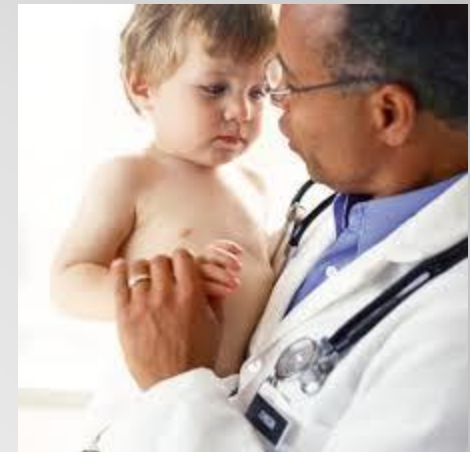


Table foods

- 18 months – 2 years...
and beyond!
- Self feeding
 - Hand to mouth
 - Attempted self spoon feeding
- Exploring is ideal!
- Always monitor
 - If coughing, struggling...wait a week or two, try again!
- Consult with your doctor



Take Home

- Always talk with your Doctor
- Listen to your parents and grandparents...
...but know your individual child's needs
- If unsure, WAIT and ASK
- Don't be a "google parent"
 - Look at the source
 - Look at what is being said
 - Make informed decisions



Questions?

References

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Thank you!