

Homework

Developing Good Habits

We all have acquired some bad habits in life that we'd like to change, whether it's watching too much TV or eating too much ice cream. According to neuroscientists, it's much easier to start doing something completely new than to change a bad habit.

Teaching healthy eating practices and keeping healthy foods on hand develop good habits for you and your children. When they turn to an apple or an orange for a sweet fix instead of to cookies or candy, they are developing a healthy habit. Keeping only these healthy options at home makes their choices easy. It also makes it easy for a busy mom, when she only has healthy snacks to grab for her children. Develop these healthy habits early, and your children are less likely to binge on the unhealthy stuff later.



Introducing Solid Foods

Read the brochure, *Introducing Solid Foods*.

The American Academy of Pediatrics advises parents to wait until babies are at least four to six months of age before introducing solid foods into their diet.

1. When is your baby ready? Here are some questions to ask yourself:

Has he doubled his _____ weight?

Does she consume more than ____ ounces of formula or breast milk a day?

Can he _____ up without support?

Does she show interest when you _____, or does she open her mouth if you offer her a bite?

2. When introducing solid foods, it's important to start slowly. Your baby's first solid food should be _____, because it is easy to digest and is unlikely to cause an allergic reaction.
3. Fruit juices should be diluted with _____ and given to your baby in a training cup to help prevent tooth _____ and to encourage your baby to drink from a cup.
4. The following foods are known to sometimes cause allergies, and they should be avoided in the first year of your baby's life:

_____ milk _____, especially the whites

Wheat and _____ Chocolate

_____ strawberries _____ (and any products containing them)

_____ (shrimp) Tree _____, such as walnuts, almonds, cashews and seeds

_____ _____ fruits and juices (orange, lemon, grapefruit)

5. Why is it important to avoid honey in your baby's first year?
 - It's addictive.
 - It may contain deadly bacteria.
 - It may cause tooth decay.
6. What concerns, if any do you have about starting your child on solid foods?

Homework Key

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Teaching healthy eating practices and keeping healthy foods on hand develop good habits for you and your children. When they turn to an apple or an orange for a sweet fix instead of to cookies or candy, they are developing a healthy habit. Keeping only these healthy options at home makes their choices easy. It also makes it easy for a busy mom, when she only has healthy snacks to grab for her children. Develop these healthy habits early, and your children are less likely to binge on the unhealthy stuff later.



Introducing Solid Foods

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1. When is your baby ready? Here are some questions to ask yourself:

Has he doubled his **birth** weight?

Does she consume more than **32** ounces of formula or breast milk a day?

Can he **sit** up without support?

Does she show interest when you **eat**, or does she open her mouth if you offer her a bite?

2. When introducing solid foods, it's important to start slowly. Your baby's first solid food should be **rice cereal** because it is easy to digest and is unlikely to cause an allergic reaction.
3. Fruit juices should be diluted with **water** and given to your baby in a training cup to help prevent tooth **decay** and to encourage your baby to drink from a cup.
4. The following foods are known to sometimes cause allergies, and they should be avoided in the first year of your baby's life:

Cow's Milk

Eggs, especially the whites

Wheat and **corn**

Chocolate

Fresh strawberries

Peanuts (and any products containing them)

Shellfish (shrimp)

Tree **nuts**, such as walnuts, almonds, cashews and seeds

Honey

Citrus fruits and juices (orange, lemon, grapefruit)

5. Why is it important to avoid honey in the first year?

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It may contain deadly bacteria.

It may cause tooth decay.

6. What concerns, if any, do you have about starting your child on solid foods?

