

Tips Along The Way

Choosing a Bottle and Nipple

The optimal feeding time is between 15 - 25 minutes. When choosing a bottle you should keep in mind how long feedings usually take and whether or not they tend to be messy. Additionally, you should look at the flow rate of the bottle, which is the rate at which the milk in the bottle travels from the bottle nipple to the baby's mouth. If the flow rate of a bottle is too high, you may observe gulping and/or oral loss. Additionally, your child may begin gagging, coughing, or turning away from the bottle.

Introducing Cups

Straw cups are typically introduced around six months of age and are better for tongue patterns than sippy cups. When you start introducing smoothies and other thicker or textured drinks, it is best to use a straw. Water may be introduced to the child when they are around six months of age after gaining approval from their pediatrician.

Exposure

As they start to get older, bring your child to the supermarket and have them see the process of buying food. Also, try cooking with your child. This is a great way to encourage interest in new foods and introduce them to foods that they have not yet tried.

Challenges With Allergies

According to the American Academy of Pediatrics (AAP), allergies are one of the most chronic diseases faced by children. New AAP recommendations encourage introducing allergens when you introduce solids (around four to six months of age). One of the most notable of these foods is peanuts. The AAP says that at the very least, peanuts should be introduced within an infant's first year, but for children who have suspected allergies or elevated chances, the earlier the better.

We always recommend that you check with your child's pediatrician/doctor before introducing possible allergens to your baby's diet.

