

# Healthy Beginnings



## Healthy Beginnings e-newsletter February 2015

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### New feeding guidelines for babies and toddlers

In April 2014, Health Canada, Dietitians of Canada, the Canadian Paediatric Society and the Breastfeeding Committee for Canada released [Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months](#).

This updated statement provides evidence-based guidance on feeding healthy, full-term babies and young children from six to 24 months.

This statement reaffirms the recommendation for exclusive breastfeeding for the first six months, with continued breastfeeding for two years or longer with appropriate complementary foods. Vitamin D supplementation of 400 IU is still recommended but has been expanded to include the young child.

First foods should be iron-rich and be provided at about six months of age. A real emphasis is placed on texture and parents are advised to offer a variety of soft textures and that there is no need to offer only

purees. Parents can start with well-cooked minced, mashed or shredded, meat or meat alternatives (e.g., beans, lentils, eggs) and iron-fortified baby cereals and then move onto introducing foods from the other food groups.

The use of open cups (from age six months) is considered the gold standard because using open cups supports the development of mature drinking skills.

Other topics addressed include:

- Iron-rich foods - see page 5
- Food allergies – see page 5
- Food safety
- Responsive feeding – self-feeding, meal scheduling and the feeding relationship
- Cow's milk introduction

#### Resources to share with parents

See the links to our new and updated resources on page 2. For additional parent-friendly resources and sample menus visit [www.healthycanadians.ca](http://www.healthycanadians.ca)



## Members of the Healthy Beginnings Committee

### Child & Family Health

[Evelyn te Nyenhuis](#) (Breastfeeding)

[Cheryl McLean](#) (Dental)

[Ingrid LeClaire](#) (Reproductive Health)

[Christine Kasperavicius](#) (Child Health)

### Health Protection

[Tamika Latibeaudiere](#) (Food Safety)

### Healthy Living

[Laura Atkinson](#), [Kim McGibbon](#) and [Mary Turfryer](#)  
(Nutrition Services)

[Lindsay Mccafferty](#) (Health Connection)

### Infectious Diseases Control

[Kim Malcolm](#) (Vaccine Preventable Diseases)

### Social Services

[Sarah Horton](#) (Early Intervention Services)

### What's new in consumer resources

- [Healthy eating for your baby \(six to 12 months\)](#)
- [Healthy eating for your child \(one to five years\)](#)
- [Before you get pregnant: Are you ready? A preconception checklist](#)
- [Healthy eating when you are pregnant with more than one baby](#)
- [Taking care of YOU after baby arrives](#)
- [Vitamin D for babies and young children](#)
- [Infant formula](#) – do not display the print version of this resource and only offer it to parents and caregivers who have made the informed decision to offer infant formula
- [Infant nutrition](#) (0-24 months) from [www.healthycanadians.gc.ca](http://www.healthycanadians.gc.ca)

### What's new in professional resources

- [Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months](#)
- Pediatric Nutrition Guidelines (Birth to Six Years) for Health Professionals – [English](#) [French](#)
- [Pregnancy and Infant Loss Network](#) (PAIL)

#### We have a new look!

Healthy Beginnings factsheets have a new banner and are AODA (Accessibility for Ontarians with Disabilities Act) accessible online. Use the factsheets with the new look to know you are using the updated version.



Nurturing the Next Generation

# Healthy Beginnings



## Building healthy families: Are you ready?

York Region Community and Health Services Department has programs and services to help men and women planning to become parents one day. York Region's [Building healthy families: Are you ready?](#) campaign encourages men and women to plan ahead for pregnancy and to seek care early on.

The preconception window (anytime before a pregnancy begins) has been recognized as one of the earliest sensitive time periods of human development. Often overlooked, is that healthy

choices made before conception can make a huge difference to our body's ability to conceive one day or have a healthy baby. Since there are many things to know, clients can be better informed about what they or their partner can do to prepare for a healthy pregnancy by completing our NEW comprehensive checklist: <http://ow.ly/D1MBs>

Please encourage clients, family and friends to learn what's important to do now in order to have a healthy baby some day! For more information please call Health Connection at 1-800-361-5653.



## You can help parents find out how their child's eating habits measure up!

NutriSTEP® (Nutrition Screening Tool for Toddlers and Preschoolers) is now online! Like the paper version, the online Nutri-eSTEP screening questionnaires will help parents find out if their child has healthy eating habits and identify potential nutrition problems. Toddler Nutri-eSTEP is for families with children aged 18 to 35 months and Preschooler Nutri-eSTEP is for families with children aged 3 to 5 years. Both versions are available at [www.nutritionscreen.ca](http://www.nutritionscreen.ca).

In less than ten minutes, a parent or caregiver can complete the 17 multiple choice questions about their child's daily food choices, screen time, physical activity, growth and other related factors. They will receive immediate written feedback and tips from registered dietitians on "what is going well" and "what to work on", and then be linked to healthy eating resources and community services.

Parents who complete the questionnaires and are looking for more guidance can call a registered dietitian at EatRight Ontario at 1-877-510-510-2 to get free advice.

Evaluation has shown that after completing the questionnaire, parents have greater awareness and knowledge about nutrition and make changes such as buying different groceries and serving new foods more often to their children.

You might like to print and post the [Nutri-eSTEP flyer](#) at your program. Or you could give it to families whenever you give parents the Nipissing District Developmental Screen (NDDS) or ERIK (Early Referral Identification Kit) or if you suspect there may be a nutrition problem.

If you have questions about Nutri-eSTEP or how to implement it in your program, contact Mary Turfryer at [mary.turfryer@york.ca](mailto:mary.turfryer@york.ca)

## Supporting parents to breastfeed into toddlerhood

While many parents are aware of the recommendation to breastfeed exclusively for the first six months, some parents may not know that it is recommended to continue breastfeeding for two years and beyond.

In addition to the positive health outcomes for both mom and child, some of the benefits are dose dependent. This means the longer the cumulative time a woman has breastfed in her lifetime, the greater the health outcome.

Here are some reasons why parents report weaning before two years of age:

- Stigma
- Believe breastfeeding will cause psychological harm to the child
- Pressure to stop from family, friends, health professionals and strangers
- Fear of biting
- Returning to work
- Lack of knowledge around the importance of breastmilk as a source of nutrition for growing children

You can help parents understand what the recommendations are and how to overcome some of the reasons for weaning listed above by:

- Providing health teaching and resources to prenatal and postnatal clients about the health risks of not breastfeeding two years and beyond
- Inquiring about breastfeeding goals and potential barriers at every contact
- Assisting clients to create a plan to support breastfeeding

Whether you are a health or early years professional, you have an important role to play to support parents.

For more information, call Health Connection at 1-800-361-5653.



## YorkSafe in day nurseries

York Region Public Health conducts both food establishment inspections and infection prevention and control audits in day nurseries.

Day nurseries, where the food served to the children is prepared on-site, are inspected three times per year whereas day nurseries that provide catered food are inspected twice per year. Infection control audits are conducted at least once a year in day nurseries.

At the time of food safety inspection, public health inspectors ensure that the food establishment is in compliance with the requirements set out in the Ontario Food Premises Regulation.

At time of the infection control audit, public health inspectors focus on many criteria including general infection prevention and control, proper hand hygiene and outbreak response protocol.

Day nursery inspection reports are available on YorkSafe. YorkSafe is an inspection reporting program.

You can locate and look up the most recent day nursery inspection audit reports using three simple methods:

1. Visit [www.york.ca/yorksafef](http://www.york.ca/yorksafef)
2. Call York Region Health Connection at 1-800-361-5653 (TTY 1-866-252-9933)
3. Scan the QR code found on the Proof of Public Health Inspection sign at the day nursery with your mobile phone or device



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## Pediatric Nutrition Guidelines

In November 2014, the Ontario Society of Nutrition Professionals in Public Health released the 2014 edition of the [Pediatric Nutrition Guidelines \(Birth to Six Years\) for Health Professionals](#)

This document provides evidence-based feeding guidelines and red flags for healthy, full-term infants and children up to six years of age. It was co-written by York Region dietitians and has been reviewed by doctors, nurses, lactation consultants and dietitians in both public health and clinical practice. It was revised using a BFI (Baby-friendly Initiative) lens.

You can use the Pediatric Nutrition Guidelines to look up information about:

- Vitamin D supplementation
- Progression from infant to family foods
- Juice and milk consumption
- Selecting and preparing infant formula
- Fish consumption and methylmercury
- Parent influences on children's eating habits
- NutriSTEP® - Nutrition Screening Tool for Toddlers and Preschoolers

If you have any questions about the Guidelines, contact Laura Atkinson [laura.atkinson@york.ca](mailto:laura.atkinson@york.ca) or Mary Turfryer [mary.turfryer@york.ca](mailto:mary.turfryer@york.ca)



## Brief Updates

### Common food allergens when introducing solid foods

The latest research suggests that there is no benefit to waiting to introduce the common food allergens until babies are older. This is true even for babies that are considered at higher risk for food allergies.

Common food allergens are eggs, milk, peanuts, tree nuts, fish, shellfish, sesame, soy, and wheat.

This means that once a baby is about six months, all foods except fluid cow's milk and honey can be offered.

An allergic reaction to a food will most likely occur within the first 48 hours. When introducing the common food allergens, wait two days before offering another new common food allergen.

For foods that are not common allergens, there is no need to wait before offering another new food.

For more information or to refer parents to a resource on introducing solid food, see [Healthy eating for your baby \(six to 12 months\)](#)

### Starting solids at four months is too early

Contrary to what you may have heard, the Canadian Paediatric Society recommends starting solid food at about six months of age.

Many parents report they have been told to start solid food at four months of age but babies are not developmentally ready for solid food. Also, babies who weigh more are not ready for solids sooner.

If you talk to parents about when to start solid food, remind them that exclusive breastfeeding for the first six months, with continued breastfeeding for two years and beyond is recommended.

Also remind them that if they want to introduce solid food, look for these physiological and developmental readiness signs:

- Better head control
- Ability to sit up and lean forward
- Ability to let the caregiver know when they are full (e.g., turns head away)
- Ability to pick up food and try to put it in their mouth

These readiness signs are usually present at six months of age.

For more information, call Health Connection at 1-800-361-5653.

### Babies and toddlers need iron in their diet

Eating iron-rich foods is important for growth and development. While iron-fortified infant cereal and dry breakfast cereals can be a source of iron, other iron-rich foods include meat (beef and lamb), dark-meat poultry (chicken and turkey), fish, eggs, beans, lentils and tofu.

It is recommended to offer iron-rich foods at least two times per day for babies starting at six months and at all meals starting at 12 months.

Remind parents:

- Iron is important for growth and development
- Offer iron-rich food several times each day
- Iron from animal sources (meat, poultry, fish) is absorbed better than other food sources
- Offer fortified cereals, beans, lentils or tofu at all meals, if vegetarian

For more information or to refer parents to a resource about iron, see [Iron and your child](#)



1-800-361-5653  
TTY: 1-866-252-9933

York Region Health Connection

Community and Health Services

Public Health

[www.york.ca](http://www.york.ca)

