

# ABC PRENATAL NUTRITION PROGRAM

June/July 2020 Newsletter

Vol. 3

A GUIDE TO  
**INTRODUCING BABY TO SOLIDS**

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**WHEN TO START ON SOLIDS**

Introduce solids when baby is showing signs of readiness, usually around 6 months

- Holds their head up
- Sits up and leans forward
- Lets you know when full
- Picks up food and tries to put in mouth

**YOUR JOB**

- \*What foods to offer
- \*When to offer foods and snacks
- \*Where your child will eat (upright in a highchair with straps)

**YOUR BABY'S JOB**

- \*Which foods to eat
- \*How much to eat

**CONTINUE FEEDS**

Their main source of food will still be breast milk or formula.

**START ONCE A DAY WITH IRON RICH FOODS**

Sources include:

- legumes-beans, lentils, chickpeas
- eggs (both yolk and white)
- pureed meat, fish or tofu
- iron fortified infant cereal

**TEXTURE**

Texture is important. As your baby begins to take food from a spoon, move to thicker textures, soft lumps, finely grated and soft strips of food

**HOW MUCH?**

There is no exact amount to how much baby will eat each day. Try different foods and let them tell you when they are full

**HOW TO PREPARE**

- \*Use equipment you already have
- \*Use the same foods you eat
- \*Prepare a variety of textures
- \*Store thaw and heat foods safely

**ALLERGY FOODS**

You should start introducing common allergy foods from around 6 months. Try one type of food at a time, then wait a few days before trying another. Common allergy foods include dairy, eggs, wheat and seafood

**AVOID CHOKING**

Offer foods that are no larger than 0.5-1 cm (1/4 -1/2 inches) in size

**AVOID:**

- \*Hard foods-nuts & seeds, hard cheese, candy, raw carrots and apples
- \*Small, round foods-grapes, hot dogs, popcorn
- \*Smooth, sticky-thickly spread peanut butter

For more **Nutrition** information:

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

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

Call to speak with a Registered Dietitian:

**Telehealth Ontario**

**FREE: 1-866-797-0000**

## COMMUNITY RESOURCES

Workshops, Classes, 1-ON-1 Appointments

[www.birthmarksupport.com/support](http://www.birthmarksupport.com/support)

Free Virtual Breastfeeding Education

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

Free Virtual Prenatal Preparation Course

[www.markhamprenatal.com](http://www.markhamprenatal.com)

## KIDS CORNER



**Virtual Camp**

A free, online virtual camp experience for kids.

Sign up: [www.backyardkidscamp.com](http://www.backyardkidscamp.com)

**Children's Yoga**

Search Kumarah Kids Yoga on Youtube for easy-to-follow guides for children's yoga.

**Learning at Home for School-Age Kids**

Find resources and learning tools by grade @ [www.ontario.ca/page/learn-at-home](http://www.ontario.ca/page/learn-at-home)

Refer to social media sites for weekly updated information:



@roseofsharonyoungmothers



@roseofsharonservicesforyoungmothers

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# SUMMER SAFETY FOR KIDS

Here are a list of recommendations and reminders for summer with kids!

- Stay cool in the heat.
- Wear the right helmet for cycling and skateboarding.
- When thunder roars, go indoors.
- Avoid bug bites by taking proper precautions outside.
- Pack your own emergency kit for the home.
- Never leave a child unattended in water.
- Make sure your children are always buckled-up properly while in the car
- Avoid posting when you are going away for vacation to keep your home safe.

For more information go to [www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201407-en.aspx](http://www.getprepared.gc.ca/cnt/rsrscs/sfttps/tp201407-en.aspx)

**Sun safety** is important safety! You can protect your family and still have fun under the sun.

- Cover up with breathable clothes, sunscreen, hat and sunglasses.
- Use sunscreen with SPF of 30+
- Limit time in the sun
- Drink plenty of cool liquids, even before you're thirsty.

For more information go to: [www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html](http://www.canada.ca/en/health-canada/services/sun-safety/sun-safety-basics.html)



## PRENATAL NUTRITION: IRON

Iron builds healthy blood and oxygen levels for mom and baby. Babies need a good supply of iron at birth to last the first six months postpartum. A prenatal vitamin of 16-20 mg may be beneficial. Foods rich in iron include meat, poultry, fish, eggs, tofu, beans, spinach, nuts, and grains.

For more information go to

<https://resources.beststart.org/product/d08e-healthy-eating-for-a-healthy-baby-booklet/>

## MANGO BLACK BEAN SALSA

- 1 can (540 mL) black beans drained and rinsed
- 1 diced mango
- 1/2 cup diced red onion
- 1/4 cup lemon juice
- 2 tbsp vegetable oil



1. Mix ingredients together. Toss with 1/4 cup chopped cilantro if you wish.
2. Chill for one hour before serving.

**ABC Live programming concludes in June. Programming will resume again in September. Stay tuned to social media for updates on when and how ABC will resume in the Fall 2020.**

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