The book cover features a central illustration of a family in a kitchen. A man in a red shirt stands on the left, a woman in a blue dress on the right, and a young girl in a pink shirt in the middle. They are gathered around a table with plates of food. In the background, a woman in a green shirt is cooking at a stove. The scene is framed by a brown roofline. Above the roofline, the title 'Good Food Baby' is written in a decorative, cursive font. The background includes green trees with red apples and a blue sky with a white bird. Small flower icons are placed at the bottom left and right corners of the illustration area.

# Good Food Baby

Healthy recipes and nutrition tips from birth to 12 months

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## Chapter 1: Introduction of Baby Feeds

### The first feeds after birth

Most infants are able to breastfeed or bottle-feed within the first 24 hours. Breast milk provides the best nutrition, and is preferred to formula. However, some infants may not be able to breastfeed or bottle-feed, and may require a special formula.

Infants who are unable to breastfeed or bottle-feed are considered to be high risk. This is because they are unable to receive the nutrients and hydration they need to survive. In the UK, all high risk infants are given special formula and are closely monitored.

For successful breastfeeding, it is essential to establish a good rapport with the baby. This means you should be relaxed and comfortable. Your baby should be held in a comfortable position. Feeds should be frequent. Your breasts should be clean and dry. Regular feeds are important.



## Feeding Milestones

- ✓ Newborns are able to suckle effectively
- ✓ By 4 weeks, the infant can swallow milk
- ✓ By 6 weeks, the infant can swallow milk and digest it
- ✓ By 8 weeks, the infant can swallow milk and digest it and can coordinate sucking, swallowing and breathing
- ✓ By 12 weeks, the infant can swallow milk and digest it and can coordinate sucking, swallowing and breathing and can hold the head up
- ✓ By 4 months, the infant can swallow milk and digest it and can coordinate sucking, swallowing and breathing and can hold the head up and can sit up with support
- ✓ By 6 months, the infant can swallow milk and digest it and can coordinate sucking, swallowing and breathing and can hold the head up and can sit up with support and can crawl
- ✓ By 12 months, the infant can swallow milk and digest it and can coordinate sucking, swallowing and breathing and can hold the head up and can sit up with support and can crawl and can walk

## Food Type

- ✓ Milk is the main source of nutrition for the first 6 months
- ✓ Solid foods are introduced at 6 months
- ✓ By 12 months, the infant can eat a variety of solid foods
- ✓ By 18 months, the infant can eat a variety of solid foods and can use a spoon
- ✓ By 24 months, the infant can eat a variety of solid foods and can use a spoon and a fork
- ✓ By 30 months, the infant can eat a variety of solid foods and can use a spoon and a fork and can drink from a cup
- ✓ By 36 months, the infant can eat a variety of solid foods and can use a spoon and a fork and can drink from a cup and can walk

The 1-2-3 Feeding Rule: 1 solid meal per day at 6 months, 2 solid meals per day at 9 months, 3 solid meals per day at 12 months

- 1 solid meal between 4-6 months
- 2 solid meals between 7-9 months
- 3 solid meals between 10-12 months



## Chapter 2: Feeding Issues

### Feeding Babies with Down syndrome

Babies with Down syndrome have difficulty feeding because they have "floppy" muscles, especially those in the tongue, arms, hands, and feet, and mouth. As a result, common feeding difficulties include the following:

- ✓ Feeding problems of how and how often to feed
- ✓ Breast-feeding issues, such as coordination of suckling, latching, and emptying
- ✓ Late or no milk ejection
- ✓ Difficulties with different textures
- ✓ Prolonged mealtimes during feeding
- ✓ Difficulties swallowing or spitting out
- ✓ Difficulty chewing and swallowing



### Introduction of Solids for Babies with Feeding, Swallowing, and Chewing Problems

In some babies with Down syndrome, there are medical conditions that interfere with swallowing. This may be a congenital defect or an acquired. The conditions may require a multidisciplinary treatment plan with a dietitian, a speech therapist, a physical therapist, and a respiratory therapist. It is recommended that you consult with your child's pediatrician about the best way to introduce solids.

When introducing solids, it is important to start with soft, moist foods that are easy to swallow. The consistency of the consistency of the food should be adjusted as the baby's swallowing skills improve. It is important to consult with your child's pediatrician about the best way to introduce solids.

### How to Feed

Introduce one or two new solids at a time. Start with a small amount and gradually increase the amount as the baby's swallowing skills improve.

	Fish		Fruit and vegetable smoothie
	Beef		Carrot
	Egg		Pumpkin
	Peanut		Blueberries
	Banana		Strawberries
	Avocado		Spinach
	Cottage cheese		Crisp

Table 2: Most common allergenic foods

	Wheat		Tree nuts Almonds, Brazil nuts, cashews, hazelnuts, pecans, pine nuts, pistachios, walnuts
	Cows milk		Fish
	Eggs		Soy
	Sesame seeds		Mustard
	Lupine		Sulphites
	Almonds		Soya beans
	Eggs		Sesame seeds

- 1. The most common allergenic foods are wheat, cow's milk, eggs, soy, and nuts.
- 2. The most common allergenic foods are wheat, cow's milk, eggs, soy, and nuts.
- 3. The most common allergenic foods are wheat, cow's milk, eggs, soy, and nuts.

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**CAUTION**

Read the label carefully before using this product. It contains allergens that may cause an allergic reaction. For more information, see the back of the pack.

## Chapter 8: How to Make Baby Food

### How to cook vegetables

Vegetables are the best source of food that you should be sure to include in your baby's diet with your allergen-free vegetables. The best way to cook your baby's vegetables is to steam them. This helps to preserve the nutrients and makes them easier to digest. You can also cook your baby's vegetables in a pot of water or in a microwave. However, avoid cooking your baby's vegetables in oil or butter.

Follow the order of the table and begin with one food at a time.


Vegetable	Steamed	Boiled	Raw
Broccoli	X	X	
Cauliflower	X	X	
Carrots		X	X
Green beans		X	X
Peas	X	X	
Sweet potatoes		X	X
Winter squash		X	X
Zucchini	X	X	
Butter beans	X	X	



### Tips:

- 1. Wash all vegetables thoroughly before cooking.
- 2. Remove any stems or seeds before cooking.
- 3. Cook vegetables until they are soft and easy to digest.
- 4. Avoid cooking vegetables in oil or butter.
- 5. Avoid cooking vegetables in a microwave.
- 6. Avoid cooking vegetables in a pot of water.
- 7. Avoid cooking vegetables in a microwave.
- 8. Avoid cooking vegetables in a pot of water.
- 9. Avoid cooking vegetables in a microwave.
- 10. Avoid cooking vegetables in a pot of water.





Good Food Baby book features healthy recipes and tips for your baby provided by two healthcare professionals.

Everything you need to know about nutrition for your baby from birth to 12 months.

Ideal book for new parents and it makes a great baby gift.

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

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