

The Learn Together Approach

Facilitated Group Discussion Plan

Qualified Staff: RD, RN, CPA, Nutrition Educator, and Nutrition Education Assistant.

Topic: Infant Nutrition

Module Code: 415

Target Group: Participants and caregivers of infants.

Objective for the session: Session participants will be able to state when to add new foods, including cereal and juices (with a cup) for their infants.

Icebreaker: Ask each participant her first name and the age of their infant.

Discussion Questions (3):

- What should newborns eat?
- When should you start feeding your infant cereal and juice?
- When should your infant start using a cup?

Factual Messages (3):

- Most newborns should only be fed breast milk or iron-fortified infant formula exclusively until they are at least four months old.
- Cereal (solid food) should be started when the baby can play an active part in feeding. This usually occurs sometime between 4-6 months of age.
- Generally, your infant will start fruit juice at about 6 months of age. A cup may be used to drink fruit juice with assistance.

Summarize Key Discussion Points/Suggestions:

Ask participants what they have learned from today's discussion.

Evaluation Question:

Ask participants to describe what foods at what age should be introduced to their infant.

Materials Needed:

Brochure: "A Guide for Feeding Your Baby: Birth to Eight Months". MSU Extension Bulletin E-2597, Michigan State University Extension, E. Lansing, MI 48824.

Reference: Satter, Ellyn, RD. 2000. *Child of Mine: Feeding with Love and Good Sense*. Bull Publishing Co. Palo Alto, CA.

(Adapted from nutrition education sources provided by Kalamazoo Family Health Center)