

Vitabiotics
WELLKiD

Baby's Healthy Beginnings

Nutritional Advice From Birth to Five Years



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Introduction



Introduction

As parents we have many ambitions for our children but for most of us the foremost desire is that they will be healthy and happy. We know how important our children's diets are for their health and wellbeing but getting this right can be a daunting prospect. From the beginning many parents feel they don't know where to start and others are overwhelmed with suggestions from many sources including family, friends, healthcare professionals but often with conflicting messages as to which is the best advice.

This guide has been written to help provide you with up to date information on the best foods and drinks for your child from birth to five years. It is arranged in sections for each of the key stages when their needs change.

The guide starts with suggestions for mum's diet in the first 6 months; this is generally based on breastfeeding but still has useful information for mum if baby is formula fed. Weaning is then covered, when to start, which foods to introduce, in what order, and why. The very start of food introduction is where we can lay down our children's dietary foundations for life. Our attitudes to food are shaped not only by the flavour but by many other factors. How we introduce foods to our children may influence how they feel about food and the choices they make throughout life. Weaning needs to be taken at your baby's pace but advice is given to help you introduce foods when the digestive and immune systems are most likely to be ready.

The following sections explain which nutrients growing toddlers and children need, which foods provide these and roughly how much young children should be eating at each age stage. There are also some suggestions on how to entice picky eaters into eating the foods they need to be well.





Yvonne Bishop-Weston is a Nutritional Therapist.

"As a mum, and a Nutritional Therapist working with children and parents, I know that even with the best knowledge and intentions not everyday will go according to plan but that if we get our children's diets mostly right we can be confident that we have set them up with the best start."

She founded Foods for Life Nutrition offering personal nutritional therapy for a wide range of health issues such as optimum nutrition for babies and children, infertility, pre-conceptual care and pregnancy.

She has also held many key roles during her career in the Health Food and Nutrition Industry.



Johannes and Yasmin photo courtesy of Jackie King – www.jackieking.com