

# Here comes the aeroplane—free videos guide first steps in feeding infants

March 10 2016

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The LEAPS program, a QUT and NAQ Nutrition partnership, has produced video guides to feeding infants their first foods

What and when to feed a baby can be stressful for parents and carers, with lots of confusing and conflicting information about. Help is at hand from [LEAPS](#) (Learning, Eating, Active, Play, Sleep), a free program led by QUT in partnership with [NAQ Nutrition](#).

The program has developed two new videos on feeding babies aged from 0 through to 12 months of age - [Introducing infants to first foods: signs of readiness](#) and [Introducing infants to first foods: progressing through textures](#).

Phoebe Cleland, Research Fellow with QUT's School of Exercise & Nutrition Sciences, said the first video covered nutrition for babies from birth through to six months, including breastfeeding, formula feeding and the signs of readiness for first foods.

The second video concerns babies from six months to one year of age, including progressing through first food textures to family foods.

"There is concern that a lack of knowledge among some parents and early childhood education and care staff can lead to inappropriate introduction of first foods/solids to babies," Ms Cleland said.

"When [babies](#) start on first foods they don't automatically like all foods, they have to learn to like different flavours and textures and some foods they may need to try up to 15 times before they start to like them'

"Research shows first food/solids are usually introduced between 4-5months in Australia, but the Australian Infant Feeding Guidelines recommends to introduce them from around six months of age and ensure first foods are rich in iron and of appropriate texture dependent on the baby's development. Then as the baby grows, increase the variety and quantity of the food.

"Our videos, which provide guidance on this, are the latest addition to LEAPS resources. We also developed them for QUT students to help them to understand infant feeding as part of their Bachelor of Nutrition and Dietetics as well as the Bachelor of Early Childhood Education."

LEAPS was launched in 2013 to provide professional development and resources about nutritious [food](#) and healthy activity levels for children in Queensland [early childhood](#) education and care services, such as Family Day Care, Kindergartens and Long Day Care services

The program provides information and tips on how to meet the current guidelines on nutrition and physical activity. Fact sheets and videos available on the LEAPS website cover topics including budget buying, healthy snacks, recipes and active play activities in small spaces.

Provided by Queensland University of Technology

Citation: Here comes the aeroplane—free videos guide first steps in feeding infants (2016, March 10) retrieved 24 April 2024 from <https://medicalxpress.com/news/2016-03-aeroplanefree-videos-infants.html>

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