

Assignment 1: Annotated Bibliography

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Canadian Paediatric Society. (2020). *Feeding your baby in the first year*. Caring for Kids.

https://caringforkids.cps.ca/handouts/pregnancy-and-babies/feeding_your_baby_in_the_first_year

This resource for parents and caregivers provides thorough information regarding complementary feeding and strives to promote healthy eating habits in young children. This resource includes information on what to feed infants in the first six months, when to begin introducing solid foods, what foods to begin introducing, the importance of offering iron-rich foods, introducing common food allergens, how much to feed your infant, foods to avoid feeding your infant, how to prevent choking, developmental milestones related to feeding, and sample foods for different age groups. This resource supports a baby-led weaning approach to complementary feeding by recommending the introduction of solid foods around 6 months of age, outlining the signs of readiness for introducing solids foods, promoting healthy family foods as the best food for infants, recommending a variety of textures and soft finger foods, and highlighting the importance of following your infant's hunger cues and never tricking or coaxing them into eating more.

First Nations Health Authority. (2018). *A guide to your baby's first foods*.

<https://www.fnha.ca/WellnessSite/WellnessDocuments/FNHA-A-Guide-to-Your-Babys-First-Foods.pdf>

This resource for parents and caregivers provides a holistic approach to introducing solid foods to infants and includes contributions from mothers and grandmothers from First Nations communities across British Columbia. This resource includes information intended to show parents and caregivers how to choose, make, store, and feed their babies

the best foods for growth and development. Topics include when to begin introducing solids foods, how to start introducing solid foods, breastfeeding, recommended first solid foods, how much to feed your baby, food allergens, healthy food choices, oral hygiene, feeding your baby safely, making and storing baby food, family food recipes, and a developmental checklist. This resource supports a baby-led weaning approach to complementary feeding by recommending the introduction of solid foods at 6 months of age, letting baby explore food with their hands, sharing family meals and eating with baby, promoting responsive feeding, encouraging babies to feed themselves, beginning finger foods at 6 months, and encouraging the parent or caregiver to decide what foods are offered and letting baby decide if they are hungry and how much they want to eat.

Health Canada, Canadian Paediatric Society, Dietitians of Canada, & Breastfeeding Committee for Canada. (2014). *Nutrition for healthy term infants: Recommendations from six to 24 months*. Government of Canada. <https://www.canada.ca/en/health-canada/services/canada-food-guide/resources/infant-feeding/nutrition-healthy-term-infants-recommendations-birth-six-months/6-24-months.html>

This resource for health professionals provides evidence-informed principles and recommendations for the complementary feeding of infants from 6 to 24 months of age. These principles and recommendations are: breastfeeding is an important source of nutrition for older infants and young children as complementary foods are introduced; supplemental vitamin D is recommended for infants and young children who are breastfed or receiving breastmilk; complementary feeding, along with continued breastfeeding, provides the nutrients and energy to meet the needs of the older infant; responsive feeding promotes the development of healthy eating skills; iron-rich

complementary foods help to prevent iron deficiency; foods for older infants and young children must be prepared, served, and stored safely; from 1 year of age, young children begin to have a regular schedule of meals and snacks, and generally follow the advice in Canada's Food Guide; and recommendations on the use of breastmilk substitutes. This resource also includes sample menus and information about how to answer the frequently asked questions of parents and caregivers. This resource supports a baby-led weaning approach to complementary feeding by encouraging shared family meals, encouraging responsive feeding based on a child's hunger and satiety cues, promoting finger foods, and encouraging self-feeding from 6 months of age.

HealthLinkBC. (2014). *Finger foods for babies 6-12 months*. Province of British Columbia.

<https://www.healthlinkbc.ca/healthy-eating/finger-foods-baby-6-12-month>

This resource for parents and caregivers provides information on and a rationale for providing finger foods to babies 6 to 12 months of age. This resource provides information on why parents and caregivers should offer finger foods, when babies are ready for finger foods, tips for offering finger foods, and examples of safe finger foods from Canada's Food Guide. Although this resource does not mention the term baby-led weaning, it is supporting a baby-led weaning approach to complementary feeding by promoting offering finger foods to babies from 6 months of age. This resource supports offering finger foods soon after introducing solid foods as a way to help babies get used to different food textures, improve coordination, and encourage self-feeding.

HealthLinkBC. (2020). *Introducing solid foods to your baby*. Province of British Columbia.

<https://www.healthlinkbc.ca/health-topics/te4473>

This resource for parents and caregivers provides information on introducing solid foods

to infants and includes topics such as when to introduce solid foods, signs of readiness for introducing solid foods, general guidelines for introducing solid foods, how to introduce common food allergens, food safety, choking, and responding to infant hunger and fullness cues. This resource supports a baby-led weaning approach to complementary feeding by promoting the introduction of solid foods at 6 months of age, offering finger foods, respecting infant hunger and fullness cues, sharing family meals, and letting infants explore and experiment with food. However, this resource also provides advice conflicting with a baby-led weaning approach as it encourages parents and caregivers to spoon-feed their infants mixtures of food with gradually increasing thickness.

HealthLinkBC. (2021). *Baby's first foods*. Province of British Columbia.

<https://www.healthlinkbc.ca/healthlinkbc-files/babys-first-foods>

This resource for parents and caregivers provides information on when to start offering baby solid foods, how to start offering solid foods, how much food to offer, hunger and fullness cues, what types of foods to offer, what types of textures to offer, safe finger foods, how to introduce common food allergens, and how to keep baby safe while eating. This resource supports a baby-led weaning approach to complementary feeding by encouraging the introduction of solid foods at 6 months with a variety of different textures, trusting baby to let parents and caregivers know when they are hungry or full, sharing family mealtimes, allowing baby to explore food with their hands, and offering family foods.

Provincial Health Services Authority. (2016). *Pediatric nutrition guidelines (six months to six years): For health professionals*. Ministry of Health, Government of the Province of

British Columbia. <https://www.health.gov.bc.ca/library/publications/year/2017/pediatric-nutrition-guidelines.pdf>

This resource for health professionals strives to provide evidence-informed nutrition and feeding guidelines for children 6 months to 6 years of age to assist health professionals in providing high-quality care. This resource outlines milestones, guidelines, and nutrition risk indicators for the age groups 6-9 months, 9-12 months, 12-24 months, and 2-6 years. In addition, information is provided on the influence parents and caregivers have on eating habits, growth monitoring, informed decision making about infant feeding, food allergy prevention, and choking prevention. A detailed section is included in this resource that outlines the division of responsibility between parents/caregivers and infants at mealtimes and the significant influence that parents/caregivers have on developing infant eating habits. This resource supports a baby-led weaning approach to complementary feeding by encouraging the introduction of solid foods at 6 months of age, the introduction of both soft textures and finger foods starting at 6 months, promoting responsive feeding, and promoting family mealtimes.

Government of the Province of British Columbia. (2019). Feeding your toddler. In *Toddler's first steps: A best chance guide to parenting your 6- to 36-month-old* (3rd ed., pp. 35-60).

Ministry of Health. <https://www.healthlinkbc.ca/hlbc/files/toddlers-first-steps-english.pdf>

This resource for parents and caregivers strives to promote healthy eating habits in toddlers and provides an extensive amount of information regarding complementary feeding. This resource includes topics such as eating well, breastfeeding your toddler, introducing solids, feeding by age range, healthy meal and snack ideas, safe and healthy foods, vitamin and mineral supplements, reducing choking hazards, good mealtime

habits, picky eating, vegetarian and vegan toddlers, and understanding food allergies.

This resource supports a baby-led weaning approach to complementary feeding as it encourages introducing solid foods around 6 months of age, respecting hunger and fullness cues, eating together as a family, sharing family foods, modelling healthy eating habits, introducing soft foods and finger foods at 6 months, and self-feeding.

Vancouver Coastal Health. (2020). *Eating and nutrition*. <http://www.vch.ca/public-health/pregnancy-parenting/infants-to-18-months/eating-nutrition>

This resource for parents and caregivers includes information about introducing solid foods, what to feed your baby, finger foods, preventing choking, drinking with cups, food safety, food allergies, recipes, family meals, and commonly asked questions. This resource provides support for a baby-led weaning approach to complementary feeding by promoting family mealtimes, responsive feeding, introducing a variety of textures and finger foods, sharing family foods with baby, and discussing the benefits of providing finger foods to baby. However, this resource also provides information conflicting with a baby-led weaning approach by encouraging parents and caregivers to begin complementary feeding by spoon-feeding single iron-rich foods to baby.

World Health Organization. (2009). Complementary feeding. In *Infant and young child feeding: Model chapter for textbooks for medical students and allied health professionals* (pp. 19-28). World Health Organization. http://apps.who.int/iris/bitstream/handle/10665/44117/9789241597494_eng.pdf?sequence=1

This resource for health professionals outlines guiding principles for complementary feeding and strives to set standards for developing locally appropriate feeding recommendations. The guiding principles for complementary feeding of the breastfed

child are: practice exclusive breastfeeding from birth to 6 months of age, and introduce complementary foods at 6 months of age (180 days) while continuing to breastfeed; continue frequent, on-demand breastfeeding until 2 years of age or beyond; practice responsive feeding, applying the principles of psychosocial care; practice good hygiene and proper food handling; start at 6 months of age with small amounts of food and increase the quantity as the child gets older, while maintaining frequent breastfeeding; gradually increase food consistency and variety as the infant grows older, adapting to the infant's requirements and abilities; increase the number of times that the child is fed complementary foods as the child gets older; feed a variety of nutrient-rich foods to ensure that all nutrient needs are met; use fortified complementary foods or vitamin-mineral supplements for the infant, as needed; and increase fluid intake during illness, including more frequent breastfeeding, and encourage the child to eat soft, favourite foods, after illness give food more often than usual and encourage the child to eat more. This resource is more supportive of a traditional spoon-feeding approach to complementary feeding than it is of a baby-led weaning approach. This resource encourages parents and caregivers to begin with pureed, mashed, or semi-solid foods that are thick enough to stay on a spoon and states that by 8 months of age most babies can begin eating finger foods. However, this resource does promote the principles of responsive feeding which is a key characteristic of a baby-led weaning approach.