

## 7 TO 8 MONTHS

Baked crust before 10 a.m., 2 and 6 p.m. meals.

Cereal 2-3 tablespoons, scalded milk 2 tablespoons.

Vegetable puree 2-3 tablespoons.

Egg yolk 2 teaspoons.

Scraped beef, steamed liver 2-3 teaspoons.

Simple milk pudding or custard, 2-3 tablespoons.

Fruit puree 1 tablespoon.

Butter to 2 teaspoons.

Apple. Baby may now be taught to eat raw ripe apple, by having a little scraped on his teeth, or scraped fine and given with a spoon.

Juice of 1 orange.

## 8 TO 12 MONTHS

From 9 months whole milk may be gradually given. **All milk must be boiled.**

Cereal jelly 3-4 tablespoons with 2-3 tablespoons boiled milk. Unstrained porridge may be slowly introduced.

Extra food such as brains, fish, coddled egg may be given, also a smooth bone with a little meat left on may be given before vegetables.

Vegetables 3 to 4 tablespoons.

Fruit puree to 2 tablespoons.

Milk pudding 3-4 tablespoons.

Egg yolk 2 teaspoons.

Butter 2 teaspoons.

Juice of 1 orange.

Solid, tough, dry or hard food to be introduced in the form of crisp toast (buttered cold), sandwiches, &c.

From 12 months the diet consists of three basic meals a day on essentially the same food that the older members of the family are having, but without seasonings, condiments, or an excessive quantity of fat.

## FOR CHILD FROM 12 TO 18 MONTHS

Arrange on same lines as for previous period, increasing quantities gradually according to the age, activity, and appetite. **Give some food requiring chewing at each meal, and see it is chewed.** Especially avoid semi-liquid foods at tea-time. Bread, mostly wholemeal (preferably dried or toasted), with milk, to drink, and fruit, is sufficient for the evening meal for a healthy child who has really learned to chew. However, beware of underfeeding if the child does not take hard foods well.

Further increase the use of hard and dry foods, including oven-dried wholemeal bread, oatcake, &c.

Milk is still a most important article of the diet. **Use at least 1½ pints daily, also supply enough water.** Increase the use of vegetables, adding to the previous list all kinds of young, tender green and root vegetables, onions, young tender corn on cob. Give raw fruit daily, if possible. If fresh, sound, and ripe, any of the ordinary fruits may be used. Tomatoes are risky if there is any unsoundness; bananas and pears should be both ripe and sound, and, if used, must be mashed with a fork to prevent bolting. Apples and oranges are safest and best. Most other fruits should be allowed only in strict moderation, otherwise they are very liable to cause irritation, fermentation, and diarrhoea; this applies specially to fruits with seeds (raspberries, blackberries, strawberries, &c.).

Encourage a child to drink fruit and vegetable juices raw, and cooked. Cooked fruits should be prepared with dates, raisins, or honey for sweetening purposes.

Tea and coffee are as harmful to children as ample pure water is necessary and good.

Individual appetites vary considerably and although most children would be satisfied with the amounts specified others may demand more.

The Department of Health Services will supply on request, pamphlets on the following subjects, free of charge:—

School Lunches  
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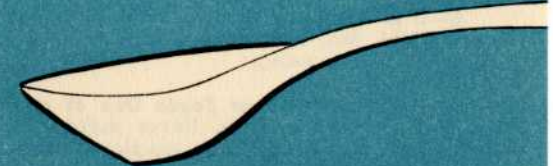
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# GUIDE TO

# FEEDING

# BABIES

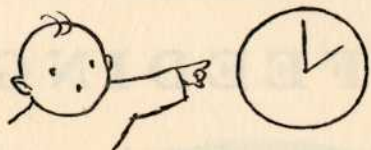


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# REMEMBER! AT THIS STAGE FOOD TASTES AND HABITS ARE FORMED WHICH MAY LAST A LIFETIME!

1.—Teach Baby to Drink out of a Cup at any time between 9 and 12 months, if this has not already been done, and discontinue bottle-feeding. Give only a little at first until able to discontinue whole bottle.



2.—Keep Absolutely Regular Meal Times. Give nothing whatever but water and fruit juices and piece of apple between meals.

3.—As Baby takes More Solid and Varied Food he needs less milk, but do not let him go without a drink at each meal. Remember that milk is still the child's chief need during this period.

4.—It is not Wise to Give Milk Unscalded to any Child. Stir, bring to boil quickly, and cool quickly before using.

5.—Introduce all New Foods One at a Time and a little at a Time. Never make sudden changes. It is better to go too slowly than too quickly.

6.—Teach Baby to Eat each New Food that is Good for him. Do not let him start the bad habit of refusing food because he does not like it. If persevered with babies like almost anything that is good for them. They will not want the things that are bad for them if they have never tasted them. Do not let them acquire a taste for cake or sweets.

7.—Active Exercise for Teeth, Jaws, and Salivary Glands is Absolutely Necessary. Baby must be taught to chew, not bolt his food, and, as time goes on, to take more and more of his food in hard form. Remember that toasts or crusts, with butter or dripping, and a drink of milk are just as nourishing, and better for teeth and digestion, than a basin of bread and milk. Always give crusts under supervision.

8.—Add no Cane Sugar to Baby's Food. It is bad for the teeth and the digestion, and baby gets ample starchy or sugary material in better form in his cereal foods.

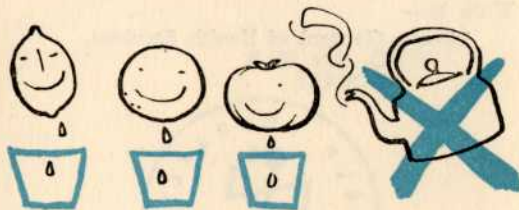
9.—Cook All Foods Thoroughly and Serve Appetisingly. Add a little salt in cooking.

10.—Children should not be continually urged to eat if they are disinclined to do so. Under no ordinary circumstances should a child be forced or coaxed to eat to satiety—especially is this so during teething and weaning periods.

11.—If there is any Important Article of a simple diet, such as milk, meat, cereals, or vegetables, which a child habitually refuses, this should always be given first at the meal, and other food withheld until this is eaten.

12.—ALWAYS give the most substantial meal in the middle of the day. NEVER give a young child a meal of meat and vegetables before he goes to bed at night.

Give some raw fruit or vegetable juice daily, at least until the child is old enough to take a fair amount of whole raw fruit daily. Orange, lemon, grape-fruit, and tomato juices are the best.



N.B.—Do not pour boiling water on fresh fruit juices.

Teach baby to chew his food. Give oven-dried bread about 10 minutes before meals, not between feedings. Give water and fruit juice only between meals. (N.B.—Use white bread first till babe is 12 months' old, then gradually introduce wheatmeal or wholemeal baked bread.) Crusts and apple must always be given under supervision.

Always boil milk and cool rapidly. When increasing milk always do so gradually—half an ounce at a time.

Level Spoonfuls.—All spoonfuls in these recipes are level—not heaped. Fill up and cut off level with a knife.

## SUPPLEMENTARY DIET CHART

When a baby is 3½-4 months old, certain additions to his diet are made in order to educate him to the taste and feel of foods other than milk, and also to supply him with extra minerals and vitamins.

The additions suggested should be made one at a time, commencing with vegetable juice or cereal, and as these are to teach him only, quantities must not be increased unless special advice is given.

Over feeding must be avoided.

Important.—Introduce all new foods one at a time and a little at a time.

### 3½ TO 4 MONTHS

Just before 10 a.m. feeding introduce cereal jelly (barley, oatmeal, or wheatmeal). Give with a spoon 1 teaspoon increasing slowly to 1 tablespoon with 2-3 teaspoons of scalded milk on it. Sugar is not necessary.

Orange juice 3 tablespoons.

### 4 TO 5 MONTHS

10 a.m.—Cereal jelly 1 tablespoon, scalded milk 1 tablespoon.

2 p.m.—Introduce strained vegetable juice, i.e., the juice of two or three of the following cooked vegetables—potatoes, spinach, silver beet, carrot, tomato or swede turnip.

Commence with 1 teaspoon and increase to 2 tablespoons.

### 5 TO 6 MONTHS

As soon as baby is accustomed to the taste, commence adding a little sieved vegetable to the juice.—Add other vegetable, except onion, in season.

Meat juice (from the roast) or steamed liver juice, ¼ to 2 teaspoons.

Orange juice 3 tablespoons.

10 a.m.—Baked crust. Cereal jelly 2 tablespoons, scalded milk 1-2 tablespoons.

2 p.m.—Vegetable puree to 2 tablespoons.

Egg yolk, commence with ¼ teaspoon and gradually increase to 1 teaspoon providing it is well tolerated. The raw egg yolk may be added to the milk mixture or given with vegetable puree.

or

Meat juice 2 teaspoons to 1 tablespoon.

6 p.m.—Baked crust. Cereal jelly 1 tablespoon, scalded milk 2-4 teaspoons.

Fruit puree—stewed or baked apple, pear, apricot, peach prune, or ripe banana; sieved, 1 to 2 teaspoons.

Juice of 1 orange.

### 6 TO 7 MONTHS

Cereal jelly 2 tablespoons, scalded milk 1 to 2 tablespoons.

Vegetable puree, 2 tablespoons.

Scraped beef or steamed liver ¼ to 2 teaspoons.

Egg yolk to 2 teaspoons either with milk mixture or coddled and served with vegetables, gradually introducing white of egg.

Simple milk pudding such as ground rice, sago, semolina, junket, custard (made from egg and milk only) to 2 tablespoons at 6 p.m.

Fruit puree 2 or 3 teaspoons.

Butter to 1 teaspoon on baked crust or with vegetables.

Juice of 1 orange.