

# BabyTime

Healthy Eating for New Moms and Babies!



Cornell University  
Cooperative Extension  
Genesee County

March 2008  
Volume 6, Issue 3

## Active Babies and Toddlers

Your toddler can be so active! That's a good thing.

He is learning about his world by crawling, walking and exploring.

Your toddler is also learning to be active for the rest of his life. Sitting in a stroller, infant seat, and playpen for long periods of time could teach your toddler to be inactive.

Start healthy habits early!

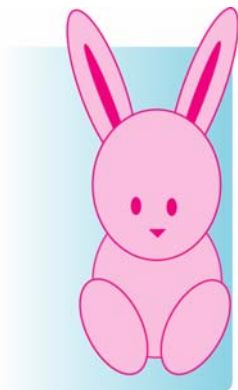
### Babies

- ✗ **Let your baby play on the floor.** Make a safe area for your baby. Put breakable items on shelves where your baby can not reach them. Cover electrical outlets with safety plugs. Move furniture that may hurt your baby. **Put down a blanket and soft toys.** Let your baby move and play!
- ✗ **Carry your baby whenever possible!** Leave the car seat in the car when going for appointments. Your baby will be more active when sitting and bouncing on your lap. And he will love being held by you!
- ✗ **Use infant bouncing swings and chairs.** Your baby will be active and happy.



### Toddlers

- ✗ **Go outside as much as possible with your toddler.** Your toddler will be more active when exploring the yard, park, zoo or playground. Be safe – stay with your toddler.
- ✗ **Create a safe play area in your home.** Include plenty of room for riding, pushing toys and playing with balls.
- ✗ **Do activities with your toddler.** Buy a small broom and let him help sweep floors. Let your child become active with you as he grows up! He learns best by watching and copying you and others.



### Can I exercise while breastfeeding my baby?

**Yes!** Exercise is good for you! You will feel better and be healthier. **It is easier to take care of your baby when you are healthy and happy.**

- ✗ **Take time to recover.** Wait until your baby is at least 6 weeks old before you start exercising.
- ✗ **Drink lots of fluids.** Drink water, low fat milk and 100% juices.
- ✗ **Exercise with your baby.** Carry your baby in a sling on your body. Go for a walk. Put your baby in a stroller and push him on the sidewalks or around the mall.
  - ✗ **Start slow.** Walking, mild aerobic exercises and water exercises are good activities to do in the beginning.

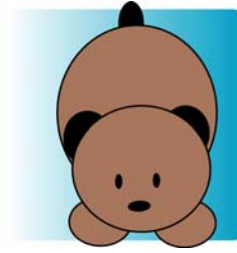
**Talk to your health care provider before starting an exercise program.**

# Feel your best!

It is common to feel nausea when you are pregnant.

Your body is changing fast for your new baby.  
You may feel sick in the morning, in the evening,  
or even all day long.

You will probably feel better  
after the first 3 or 4 months.

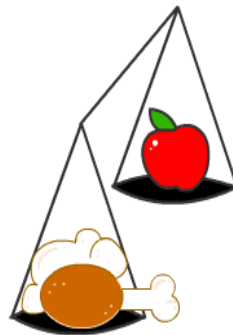


Here are some tips to help you feel better:

- ♥ **Eat often.** You may feel better if you eat small amounts of food often during the day. Try to eat 3 small meals and 2 to 3 small snacks during the day.
- ♥ **Rest.** You may feel worse if you are too tired. Take a mid day nap if you can. Go to bed earlier in the evening.
- ♥ **Limit or avoid stress.** You may also feel sick if you are stressed. Ask others to help you avoid stress.
- ♥ **Eat foods that sound good to you!** If the food is not a healthy choice (soda, chips, sweets), eat a small amount. It may help to settle your stomach; then you will feel better and be able to eat other healthy foods.
- ♥ **Try eating sour foods.** Sour or tart foods may help reduce the nausea. Try lemonade or other sour foods.
- ♥ **Try eating salty foods.** A small amount of pretzels or chips may help reduce the nausea.
- ♥ **Drink fluids between your meals.** Drink juice, low fat milk and water.
- ♥ **Eat fewer fatty foods.** Limit the fried foods, fried meats, gravy, bacon, sausage, pizza, donuts and whole milk. Drink skim or 1% milk.
- ♥ **Avoid the smell of cooking foods if it bothers you.** Turn on the fan when you are cooking. Open a window. Ask someone else to cook. Eat meals and snacks that don't need to be cooked.

## Small Meals or Snacks

- \* **Veggie salads** – You can keep salads in your refrigerator for up to 3 days.
- \* **Veggies and cheese dip** - Dip raw broccoli, carrots and other vegetables in a warm taco cheese dip.
- \* **Grilled Cheese** – Add finely chopped cooked broccoli to your grilled cheese sandwich.
- \* **Baked Potato** – Top a baked potato with cooked broccoli, carrots, and mushrooms. Add shredded cheddar cheese or taco cheese dip. Heat in microwave and enjoy!
- \* **Sandwiches** – add shredded carrots to your favorite sandwich.
- \* **Soup** – Add finely chopped carrots or broccoli to your favorite canned or dry soup.



Eat 5 to 6 small  
meals or snacks a  
day if you are  
feeling nauseated.

Choose healthy  
foods for snacks!

**BabyTime** is published 12 times a year. © 2008 – Nutrition Matters, Inc. The content of **BabyTime** is not intended to provide medical advice; this should be obtained from your health care provider. Reproduction of this publication without a license to copy is a violation of federal copyright law and is prohibited. Nutrition Matters, Inc. 2809 East Hamilton Avenue, Dept. 109, Eau Claire, WI 54701 – [www.numatters.com](http://www.numatters.com).

This material is funded by the USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact Cornell Cooperative Extension at 585-343-3040.

Cornell Cooperative Extension of Genesee County provides equal program and employment opportunities.