

BabyTime

Healthy Eating for New Moms and Babies!



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Spill Proof Cups

Spill proof cups are very popular. Toddlers can use these cups without spilling on themselves, car seats or carpet. It sounds like a good idea.



Spill proof cups can be a problem!

- 1** Toddlers can develop tooth decay. Some toddlers have a spill proof cup in their mouth more often than a regular cup. They walk around the house with cups, ride in the car with cups or even go to bed with cups. **Tooth decay happens when teeth are exposed to juice, milk or sweet drinks often during the day.**
- 2** A toddler's appetite may be ruined by drinking too much juice, milk or sweet drinks. It's easy to drink too much when he is carrying a cup with him. A toddler's tummy is small. You may think your toddler is fussy at meal times, but maybe he is not hungry.
- 3** Toddlers may become overweight from drinking too many calories. The American Academy of Pediatrics recommends children under the age of 6 years should drink 6 ounces of juice or less each day.

Wean your toddler from the bottle and spill proof cup by 12 to 14 months of age.

Offer milk in a cup at meals.
Offer juice only once a day.
Offer water between meals.

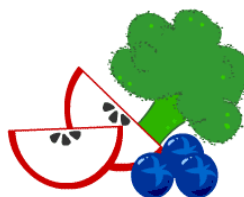
Help your toddler learn to drink from a regular cup without a lid.

- ♥ Use a regular cup without a lid at meals and snacks.
- ♥ Use a small cup that your toddler can easily get his little hands around.
- ♥ Put small amounts of milk or juice in the cup. Your toddler needs to practice using a cup. He will spill at times.
- ♥ Be ready for spills. Don't practice on the carpet. Put newspaper or a towel under the highchair. Put a water proof bib on your toddler.

Use cups wisely

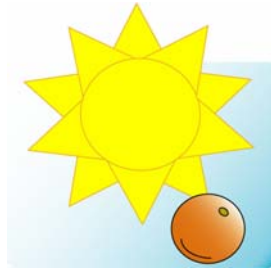
- ♥ Don't let your toddler walk around the house with a cup.
- ♥ Use a cup at meals and snacks. Then put the cup away. If your toddler needs a drink between meals, offer water in a cup.
- ♥ If you must travel with a spill proof cup, put only water in it. Water will not ruin an appetite or cause cavities.


- ♥ Put your toddler to bed without a bottle or spill proof cup. Singing, reading or rocking your toddler may help at bedtime.



Hot days of summer can cause dehydration.

Keep cool this summer!



-  **Stay inside** with air conditioning or fans when days are extremely hot.
-  **Cool off with water.** Take a cool shower; play in pools or at beaches.
-  **Drink water often!** Keep a pitcher of cold water in your refrigerator. When you see a water fountain, take a drink.
-  **Eat fruit for snacks.** Watermelon, cantaloupe, grapes, strawberries and oranges are full of water.
-  **Avoid drinks with caffeine.** Caffeine may make your body lose water and increase your risk of dehydration.
-  **Dress in light weight, light colored clothing.**
-  **Bring along water bottles** when running errands or shopping. Be sure to put some ice in the bottle to keep it cold!



Some fruits and vegetables are more than 90% water!

Tomato 93% water
Watermelon 92% water
Strawberries 91% water
Carrots 87% water
Apple 84% water
Banana 75% water

Do breastfed babies need extra water?

Most breastfed babies do not need any water during the first 6 months. Breastmilk provides all the fluids that a baby needs to be healthy.

Do not give bottles of water to your baby during the first few weeks of life.

A newborn baby can fill his small tummy with water. Then he will not be breastfeeding. Your baby needs to breastfeed 10 to 12 times a day during the first few weeks.

Your baby may need extra water at these times:

- ♥ when he starts to eat solid foods such as cereal.
- ♥ when the weather is hot.

Talk to your health care provider before giving water to your baby.

No Sweat Summer Meal Dilly Chicken Sandwich Spread

2 cups chopped, cooked chicken
¼ cup finely chopped dill pickles
½ cup finely chopped celery
½ cup low fat mayonnaise
salt and pepper to taste

Combine all ingredients in a large bowl.

Spread on whole wheat bread, bun or crackers. Stuff in a pita. Roll up on a tortilla or flat bread.

4 servings (1/2 cup): 243 calories, 11 grams fat, 40% calories from fat and 0 grams fiber in a serving.

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