



IF-000-18

# Watch Me Grow

## Nutrition Education Lesson

### Objectives

- Parents will be able to state the normal age ranges by which infants start infant cereal and begin self-feeding.
- Parents will be able to state at least one way to help their infant learn a new skill.

### Materials Needed

- *Watch Me Grow* puzzle pieces
- Scissors to cut apart puzzle pieces
- Whiteboard or poster paper
- Markers
- Handout: *Watch Me Grow from 0-12 months*, pamphlet, stock no. 13-202
- Optional Handout: *Let's Eat! Food for Baby's First Year*, stock no. 13-168

### Note to the Instructor

Please give yourself at least 30 minutes prior to teaching this class for the first time to read over the entire lesson and cut apart the puzzle pieces.

### Lesson Description

This lesson covers some of the developmental milestones that occur during the first year. Participants will put together puzzles that represent four different age ranges that occur during the first year. There are four puzzles, each with four pieces. There are several different ways to complete the puzzle activity. Choose one activity idea to complete. Each activity idea involves all four puzzles.

## Note about New Lesson Survey Forms:

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Please mail completed New Lesson Surveys to:

Delores Preece  
Texas Department of Health  
Bureau of Nutrition Services  
1100 W. 49th Street  
Austin, Texas 78756

## Activity Part One: Icebreaker:

On a large piece of paper or a whiteboard make the following chart or use the sign attached to this lesson.

Age Range	Eating Baby Foods	Laughing	Self-Feeding	Saying One or Two Words
0–3 months				
4–6 months				
7–9 months				
10–12 months				

As participants come into the classroom, give them a marker and ask them to put a check mark on the board or paper in the box where they think their baby will start or did start doing each of these actions. Once everyone has had a chance to write on the board, go around the room and ask clients to **introduce themselves and say one new thing their baby has started doing in the past month.**

### Tell the class:

All babies are different and each child develops at his or her own pace. However children usually develop certain skills by certain ages. These skills are often called developmental milestones. By the end of this class you should know the general age ranges when your baby will begin doing the actions listed on the board and you should know some ways to help your baby learn these actions.

You can think of your baby's development as a puzzle. You provide the pieces and, slowly, with practice, your baby learns how to put the pieces together. Today we will put together several puzzles to look at some of the new skills your baby will learn in the first year of life.

## Puzzle Activity Ideas

### Activity Idea 1:

Hand out the puzzle pieces and then go around the room and have the clients read the pieces aloud and then as a group decide where each piece belongs. If you are concerned about the participants' reading abilities, you may read all the pieces aloud and then ask the participants to decide where the pieces belong. After all the puzzles are put together, you can go over the discussion questions for each section and then complete the evaluation.

### Activity Idea 2:

Hand out the puzzle pieces and then tell participants an age range. Ask the participants if they have any pieces that might fit in that age range. Be sure to let participants know that there are four pieces in each age range. For example: who has a puzzle piece that belongs in the 0–3 month puzzle? When a participant thinks he or she has such a piece, ask the participant to read it aloud and pass it to you so you can put it together with the other pieces. When you put together all the pieces for an age range, e.g., 0–3 months, go over the discussion questions for that age range. After completing all sections do the evaluation.

### Activity Idea 3:

Put the puzzle pieces in the middle of a large table face up. Tell the participants that each piece belongs in one of the following age groups: 0–3 months, 4–6 months, 7–9 months, and 10–12 months. Put the signs (attached to the lesson) representing each age group on the table. Ask the participants to put the puzzles together. Then, once all the puzzles are assembled, go over the discussion questions for each age group.

## Discussion Questions

### General

- **Do any of you have a baby that was born prematurely or before his due date?**
- **Discussion point:**  
If your baby was premature he may develop his new skills at a later age than other babies. Be sure to talk to your doctor or health-care provider if you are concerned.

## **Ages 0–3 months Discussion Questions**

**Appropriate puzzle pieces:**

- I drink only breastmilk or formula.
- I can follow moving faces with my eyes.
- I start to gurgle, laugh, and smile when I'm happy.
- I move my arms and legs, especially when I am excited.

**During the first three months you and your baby are learning a lot about each other. The more you respond to your baby's needs, the more you both will learn.**

**What are some things you can do to help your baby learn? Examples may include:**

- talk to your baby
- touch and cuddle your baby
- read to your baby
- sing to your baby
- hold your baby
- breastfeed your baby

## **Ages 4–6 months Discussion Questions**

**Appropriate puzzle pieces:**

- I can sit with support and have good control of my head and neck.
- I can roll over.
- I grab things and put them in my mouth.
- I can turn towards sounds like the radio, TV or voices.

**Do any of these puzzle pieces make it sound like your baby might be ready to start solid or baby food?**

**Appropriate actions include:**

- I can sit up with help.
- I grab things and put them in my mouth.

**What foods you should try first?**

- Infant cereals

**How should you feed your baby infant cereal?**

- With a spoon and bowl.

**What does it mean if your baby starts gagging on the cereal or spits it out?**

- The baby is probably not ready for cereal yet; you should wait and try again.

**When should you start fruits, vegetables, and strained meats?**

- Usually around 6 months.

**How can you help your baby get used to new foods?**

- If your baby doesn't like a food the first time wait a few days and try again. It may take your baby many tries before she or he decides they like it.
- Wait 5–7 days between each new food and watch for allergies.

**How can you tell if your baby is having an allergic reaction?**

**Signs include:**

- Skin rash, vomiting, diarrhea, irritability or wheezing.

**At what age you should introduce a cup?**

- Around 6 months.

**Why do we say to introduce a cup at 6 months?**

- Introducing the cup will help your baby develop coordination. It is also the first step towards getting your baby off the bottle when he turns a year old. Getting your baby off the bottle around age 1 will help prevent baby-bottle tooth decay.
- Your baby will not know how to use the cup at first but, slowly, with lots of practice, he will get the hang of it.

## **Ages 7–9 months Discussion Questions**

**Appropriate puzzle pieces:**

- I feed myself finger foods.
- I'm learning to move food to the sides of my mouth.
- I imitate the sounds I hear. That is how I learn.
- I can sit by myself and I can crawl or move forward by scooting.

**What do you think it means when your baby starts to move food around in her mouth?**

- He is starting to learn how to control the position of food in his mouth and beginning to learn how to chew.
- She is ready to begin slightly thicker and lumpier foods.

**How can you help your baby learn to feed herself?**

- Let your baby try eating some finger foods.
- Be patient and let your baby make a mess.

## **Ages 10-12 months Discussion Questions**

**Appropriate puzzle pieces:**

- I can hold my spoon, but I need help feeding myself.
- I drink more often from a covered cup and less from a bottle.
- I can say one or two words.
- I can pull myself into a standing position.

**What new foods do you think you should offer at this age?**

- Small pieces of bread, noodles, crackers or soft tortillas.
- Small pieces of tender, lean meat, ground meats, mashed beans or peas.
- Soft pieces of ripe fruits or soft, cooked pieces of vegetables such as carrots.

### **Final Points:**

- Please keep in mind that these new skills occur at different ages in different children. That is why we state a fairly wide range. For example, it does not mean your child is behind if she doesn't start cereal right at 4 months, and it doesn't mean your child is advanced if she starts cereal right at 4 months.
- It is very important not to rush your baby. If you try to rush your baby you will only frustrate yourself and your baby. If you try to get him or her to do something before his or her body is ready, it could make it even harder for your baby to learn things. Let starting each food be a good memory for your baby.
- If you have concerns about how your child is growing and learning, be sure to talk to your doctor.

## **Class Evaluation—oral:**

1. Go back to the whiteboard or poster paper and ask the participants:
  - a. At what age they think their infant will start
    - I. Eating baby foods
    - II. Laughing
    - III. Self feeding
    - IV. Saying one or two words

2. What is one thing you can do to help your baby learn a new skill, like feeding himself?

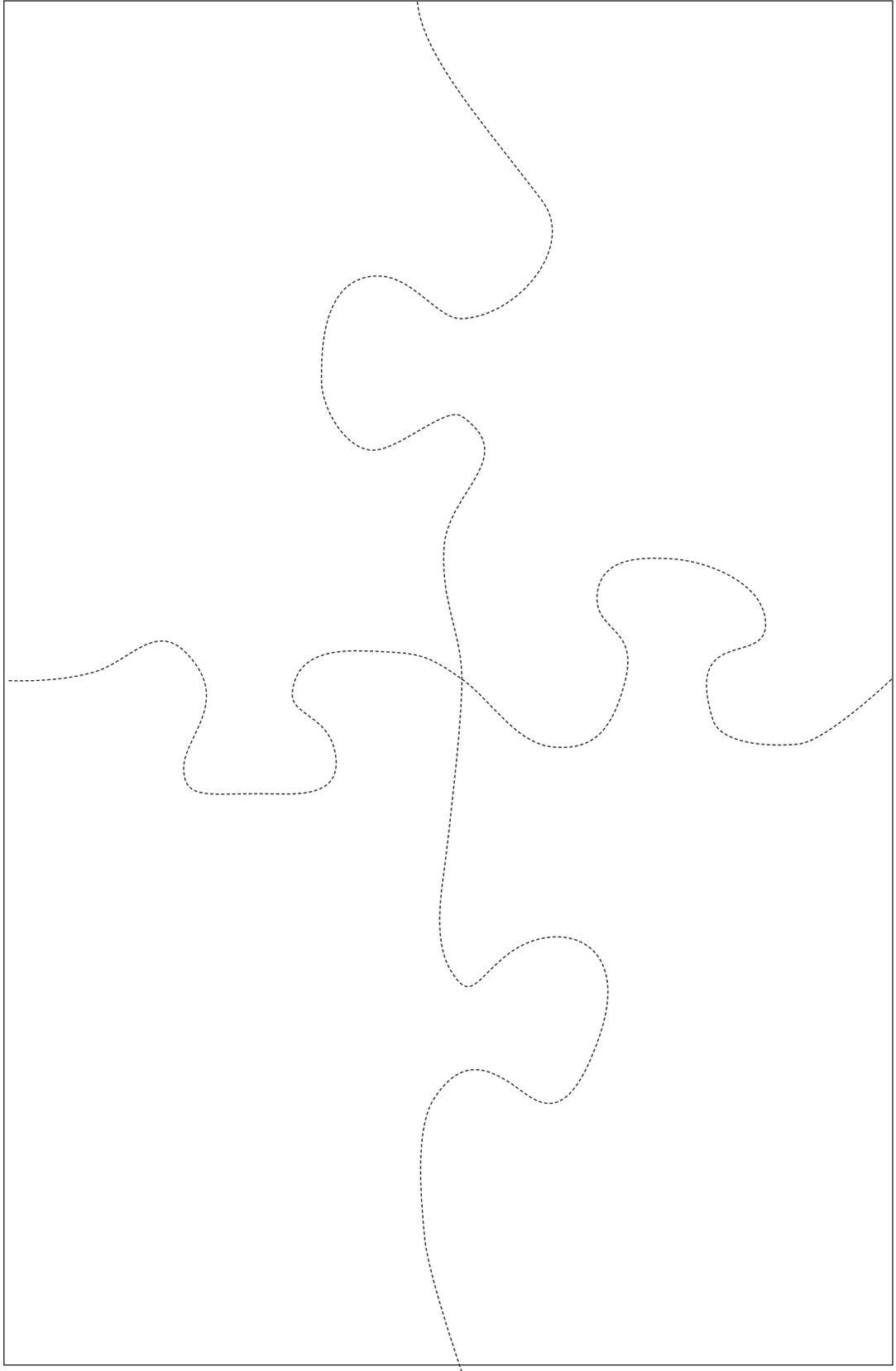
Possible answers could include:

- Let your baby try eating some finger foods once he is 7 months old.
- Be patient and let your baby make a mess.

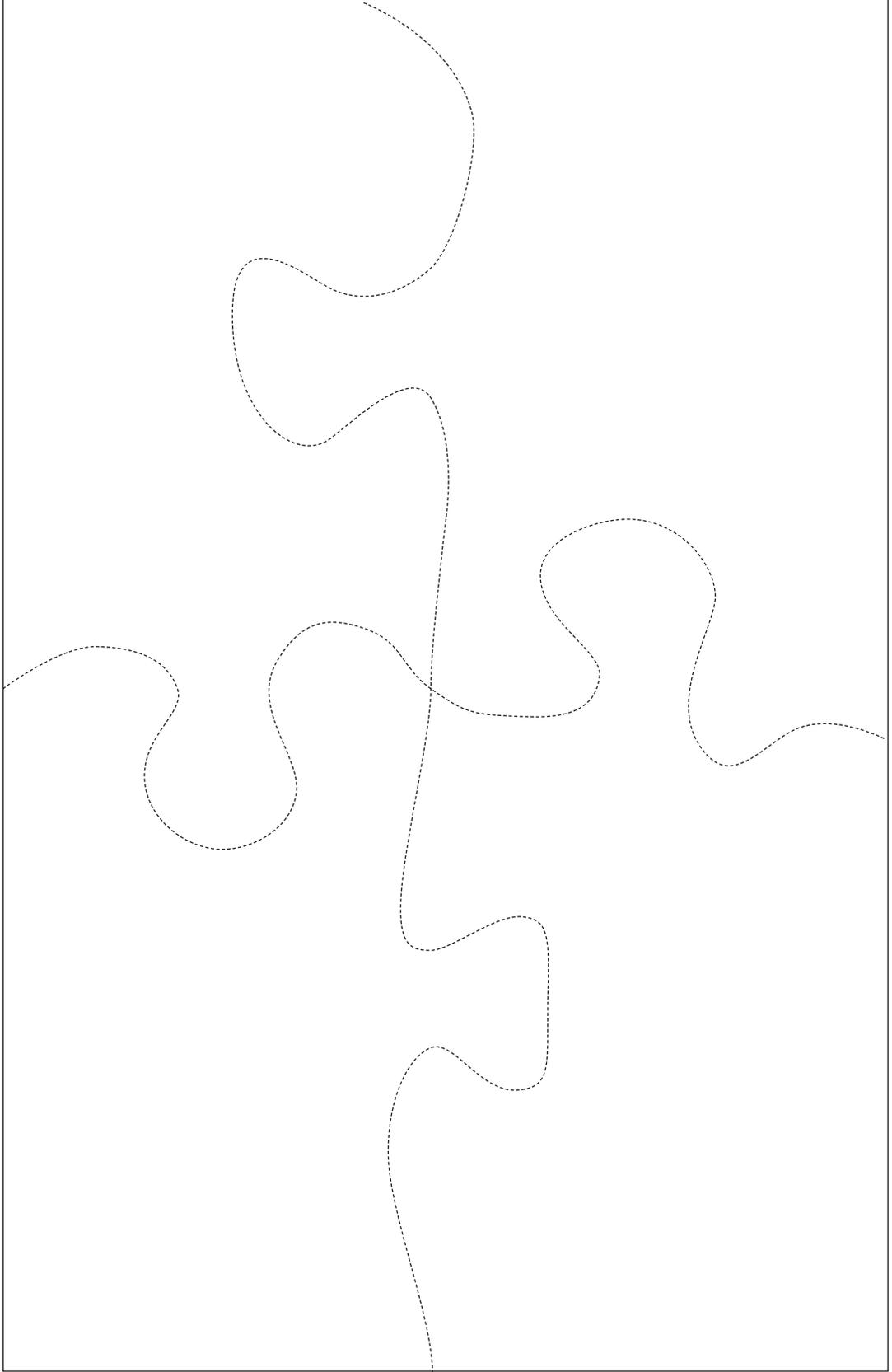
3. What questions do you have?

Pass out copies of *Watch Me Grow* stock no. 13-202

# 0-3 Months



# 4-6 Months

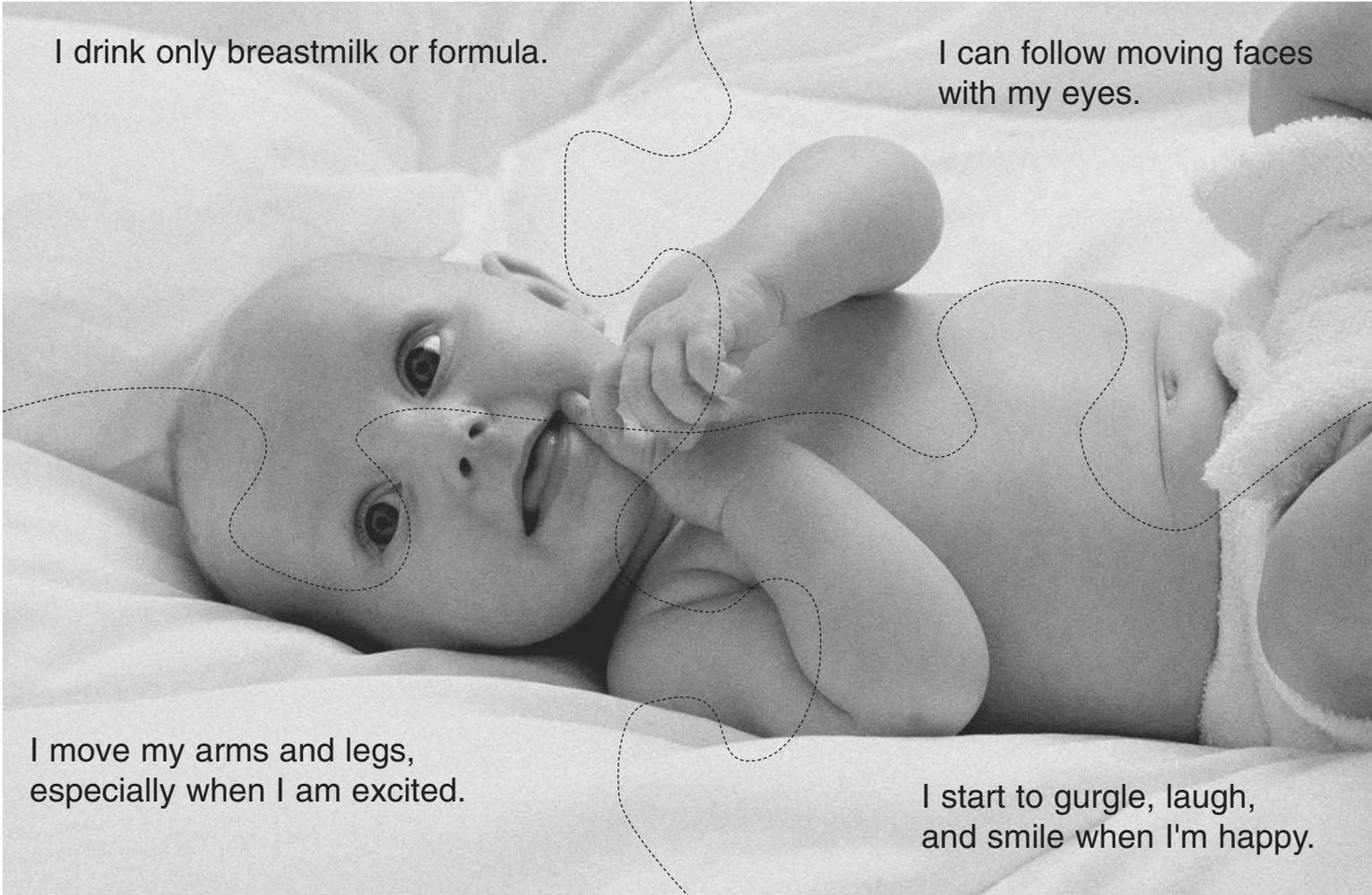






Put a check mark in the box where you think your baby will start doing each of the above actions.

Age Range	Eating Baby Foods	Laughing	Self-Feeding	Saying One or Two Words
0-3 months				
4-6 months				
7-9 months				
10-12 months				



I drink only breastmilk or formula.

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I can roll over.

I grab things and put them in my mouth.

I can turn towards sounds like the radio, TV, or voices.



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I can pull myself into a  
standing position

I drink more often from a  
covered cup and less  
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I can hold my spoon, but I  
need help feeding myself.

I can say one or  
two words

**Watch Me Grow Lesson Survey Form - Staff (IF-000-18)**

Local Agency # \_\_\_\_\_

Date: \_\_\_\_\_

1. Was the lesson easy to read and follow?

- a.  yes                      b.  no

2. What changes would you suggest for improving the lesson? ` \_\_\_\_\_

\_\_\_\_\_

3. Was participant feedback:

- a.  positive  
b.  negative  
c.  indifferent

4. Was the Spanish translation appropriate for your participants?

- a.  yes                      b.  no

5. Did you like the discussion format used in this lesson?

- a.  yes                      b.  no

6. Do you plan to use this lesson again?

- a.  yes                      b.  no

Comments:

\_\_\_\_\_

\_\_\_\_\_

7. Additional Comments:

\_\_\_\_\_

\_\_\_\_\_

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**Watch Me Grow Lesson Survey Form - Participant (IF-000-18)**

1. I am: (you may circle more than 1)
  - a. pregnant
  - b. breastfeeding
  - c. parent of an infant
  - d. parent of a child
  - e. family or friend
  
2. How much did you like the lesson?
  - a. a lot
  - b. a little
  - c. not at all
  
3. Do you plan to use this information?
  - a. yes
  - b. no
  
4. Do you think this is a good lesson to use at WIC?
  - a. yes
  - b. no

Why? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. What is the most useful thing you learned from the class today?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

6. Comments: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*Thank you for your comments!*