

## IF-000-22, CCNE: Baby's First Bites

Client-centered nutrition education uses methods like group discussions and hands-on activities to engage participants in learning. This outline starts with a **Snapshot of the Session**, and then includes two parts:

**Part 1: Planning the Nutrition Education Session** - The first section prompts the nutrition educator to think about the learning objectives, materials, and preparation necessary to carry out the session.

**Part 2: Session Outline** - The second section outlines the key parts of the session. The nutrition educator uses this outline to lead the session.

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### Snapshot of Group Session:

**CCNE Lesson title:** Baby's First Bites

**Developed by:** Texas WIC State Office

**Date Developed:** 09/2010

**Approved by:** Texas WIC State Office

**NE Code:** IF-000-22

**Class Description:** This class uses group discussion and a video that shows babies at different stages of readiness to eat solid foods. The instructor guides a follow-up discussion after the video and gets clients to share their ideas, and experiences about feeding their babies solids.

**Target Audience:** Parents of infants, age 0-12 months

**Type of Learning Activities:** video, discussion

## Part 1: Planning the Nutrition Education Session

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Item	Notes for Planning the Session
<p><b>Learning Objective(s)</b> – <i>What will the clients gain from the class?</i></p>	<p>By the end of the session, participants will:</p> <ul style="list-style-type: none"> <li>• Share ideas and experiences about introducing solids to their infants.</li> <li>• Describe signs to look for to know a baby is ready to start solids.</li> </ul>
<p><b>Key Content Points</b> – <i>What key information do the learners need to know to achieve the learning objective(s)? Aim for three main points.</i></p>	<ol style="list-style-type: none"> <li>1. Babies learn new feeding skills as they get older. By watching your baby's progress, you'll know when to start solids and when to move on to different foods and textures.</li> <li>2. It's important to be patient and take it slowly when starting solids. There is no rush.</li> </ol>
<p><b>Materials</b> – <i>List what you will need for the session (i.e. visual aids, handouts, supplies). Attach supplemental materials.</i></p>	<ul style="list-style-type: none"> <li>• DVD "Feeding, Cooking, and Shopping for Healthy Families" Stock No. DV0609 Segment 1 "Baby's First Bites" (English 5:33 minutes, Spanish 7:17)</li> <li>• "Let's Eat- Feeding tips for Baby's First Year!" Stock No 13-168 English, 13-168a Spanish, 13-168v Vietnamese</li> <li>• Optional- Baby spoons to give out</li> <li>• Optional- WIC approved jars of baby food for display</li> <li>• Optional- Board or Flipchart and markers to write down participant's responses</li> </ul>
<p><b>Resources</b> – <i>Review current WIC resources or other reliable resources like WIC Works.</i></p>	<p>Review - "Let's Eat- Feeding tips for Baby's First Year!" Stock No 13-168 English</p>
<p><b>Class Flow &amp; Set Up</b> – <i>Consider the flow of the session &amp; room set-up. Note any extra preparation that may be needed.</i></p>	<p>Arrange chairs in a circle. Leave room for baby carriers and strollers. Plan to sit in the circle with the class. It may be helpful during the discussion to write the participant responses on a white board or flip chart. This helps the instructor keep the session on track and summarize it at the end.</p> <p>Segment 1 "Baby's First Bites" ( English 5:33 minutes, Spanish 7:17minutes)</p>

## Part 2: Session Outline

Lesson: IF-000-22, CCNE Baby's First Bites

Item	Notes for Conducting the Session
<p><b>Introduction:</b> Create a respectful and accepting learning environment by welcoming participants, introducing yourself, reviewing agenda exploring ground rules, making announcements, etc.</p>	<p>After welcoming the participants, introduce the class by saying something like:</p> <p>“Our class today is about “Babies First Bites”, starting solids with your infant. Many of us have heard suggestions from family and friends on how to start feeding babies food, while others have learned from their own past experiences. Today we will watch a DVD about babies who are different ages eating different types of foods. Then we will share our own experiences, advice, and plans for starting to feed babies food.”</p>
<p><b>Icebreaker:</b> Anchor the topic to the participants' lives. Use a question or activity likely to bring out positive but brief comments; Can be done as a group or partners.</p>	<p>Ask parents to give their baby's name and age and share what types of foods they have started with their babies and how those first feedings went.</p> <p>If parents have not started solids with their infant yet ask them what food(s) they have been told by others to give first and what food they will start with.</p>
<p><b>Activities:</b> For each learning activity, list instructions and include three to five open-ended discussion questions. Keep in mind that activities should enable participants to meet the learning objectives.</p>	<p><b>VIDEO:</b> From DVD “Feeding, Cooking, and Shopping for Healthy Families.” Stock no. DV0609 Show Segment 1 “Baby's First Bites” (English 5:33 minutes, Spanish 7:17 minutes)</p> <p><b>DISCUSSION:</b> Use open-ended questions to encourage clients to share their knowledge and experience about feeding baby foods. If you have first-time parents in class who haven't started feeding solids to their baby, you can ask them to share what they have heard or seen others do. Refer to pamphlet “Let's Eat- Feeding tips for Baby's First Year” as needed.</p> <p>Possible discussion questions:</p> <ul style="list-style-type: none"> <li>• The new mom in the video had lots of good questions. What questions do you have about starting baby foods or giving a new food to your baby? ( After someone shares, ask other members of the group if they can offer an answer)</li> <li>• From your own personal experience, how did you know when your baby was ready to start solid foods? <b>OR</b></li> <li>• If you have not already started solid foods, how will you know when</li> </ul>

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	<p>is a good time to begin?</p> <p>[Controls head and sits up with support, opens mouth for spoon, draws lip in around spoon, holds most food in mouth.]</p> <ul style="list-style-type: none"> <li>• What other tips can you share with a parent who is starting to give their baby foods for the first time?</li> </ul> <p>[Single foods, smooth consistency, offer one food at a time, introduce same food for up to a week to monitor for allergy, always off a spoon.]</p> <ul style="list-style-type: none"> <li>• From your own knowledge, what advice can you give a parent of an older infant who wants to add table foods or more texture to their baby's diet?</li> </ul> <p>[Keep baby seated, add cooked and mashed fruit or vegetables to add texture, offer soft finger foods, it may take several tries before a baby will get used to a new food.]</p> <ul style="list-style-type: none"> <li>• What advice would you give a parent that says their baby doesn't drink much formula/breast milk now that they have started baby food?</li> </ul> <p>[First foods help baby become familiar with new taste and textures and should not replace breast milk or formula, which are the primary sources of nutrition until 12 months.]</p>
<p><b>Review and Evaluations:</b>  <i>Invite participants to summarize the key points and share how they will use what they learned in the future. List a question/activity to prompt this. List any community or other resources for clients.</i></p>	<p>Review main points the class discussed.</p> <ul style="list-style-type: none"> <li>• What is the most useful thing you learned in today's class? <b>OR</b></li> <li>• Share something about your plans for feeding solid foods to your baby. In other words, what is the next step for your baby?</li> </ul>
<p><b>Personal Review of Session (afterward):</b> <i>Take a few moments to evaluate the class. What will you change?</i></p>	<p><b><i>What went well?</i></b></p> <p><b><i>What did not go as well?</i></b></p> <p><b><i>What will you do the same way the next time you give this class?</i></b></p>
<p><b>Supplemental Information –</b>  <i>Describe any attachments and include any other needed</i></p>	

<b>Item</b>	<b>Notes for Conducting the Session</b>
<i>information.</i>	