

# CELEBRATION

CLIENT	BEHAVIORS	TOOLS
Parents of children around 1 year old	Transition from bottle to cup Introduce cow's milk Allow children to feed themselves	Small, hand held mirror

## TOOLS:

Small, hand held mirror

## OPENING ACTIVITY:

Lay the hand-held mirror on the table but keep it out of sight.

**SAY:** “Today we are going to celebrate someone who changed the world in the last year. This person did heroic things to reinvent a great life for someone. This hero also protected her child and allowed him/her to grow. Any guesses who that hero mom might be?”  
(Allow client to respond.)

Offer mirror to mom:

**SAY:** “Take a look in the mirror because today we celebrate you, a hero mom to (baby’s name). Because of you, (baby’s name) is happy and healthy, ready to grow and change in more amazing ways. How does it make you feel to celebrate one year of being a hero mom? Of all the things you did this year, what makes you proudest?” (Allow client to respond.)

**SAY:** “(Baby’s name) is ready to start new adventures. He/she is ready for success because of you. Let’s talk about a few things hero moms do in the second year to protect their child and keep them on the path to success”:

## Topics to Discuss:

- “Hero moms transition their babies from the bottle to the cup. As tempting as it is to cuddle babies longer with the bottle and focus on other things that make life so busy, hero moms know that protecting their child’s smile is an important job. Each time their toddler flashes a smile at them, they are reminded of how important drinking from a cup instead of a bottle really is. Success is what defines hero moms, and children who drink from a cup instead of a bottle are successes, just like their moms.”

Note: Encourage breastfeeding moms to continue skin-to-skin feeding but suggest breastmilk in the cup, instead of a bottle, when appropriate.

- “Hero moms offer milk instead of formula to children one and older. In the first year of life, babies need breastmilk or infant formula. After the first year, toddlers are ready for cow’s milk. When you pour milk in his/her cup, imagine the happy report cards that he/she will bring home years from now because you provided the extra brain boost that milk offers. Milk may taste different than formula. Mixing milk and formula for the first couple of days may ease the transition.”
- “Hero moms help their children find balance between milk and food. Happy lives are all about balance. Too much milk and not enough food can lead to anemia. A good rule of thumb is four, 4-ounce servings of milk (about 1/2 cup, 4 times a day) for one-year-old children. That allows your child to learn to enjoy food as well as milk.”
- “Hero moms allow toddlers to feed themselves from a plate. Every mom wants her child to be successful. Giving children the chance to learn new skills sets them up for success. Toddlers love playing with new foods and are proud when they feed themselves. The freedom to eat how much they want without pressure sets them on the path to a healthy weight. Putting table foods on a plate and allowing toddlers to feed themselves may seem ordinary to some but it’s not. It makes you a hero because you are giving your child a gift, a rare gift. Children who learn to listen to their body and stop eating when full are more likely to have a healthy weight.”

Option: If the toddler is already enjoying milk from a cup and/or feeding themselves, highlight these key points about family meals:

- Family meals are an ideal place for toddlers to learn important values like family bonds and love.

**SAY:** “What values did you learn at the dinner table? What values do you hope your children learn by eating together with you?”

- Keep the tone light and loving for all, without pressure to eat or to have perfect manners.
- Toddlers can enjoy eating the same foods as parents. Cut foods in smaller pieces and mash foods as needed, but try not to cook special foods just for the child.

#### **ACTION PLAN:**

**SAY:** (Offer the mirror again to the mother.) “Every time you look in the mirror, I hope you see a hero mom. Today, we celebrate you. We talked about a lot of gifts hero moms can give to their toddler in the second year of life. What’s going to be the first gift you want to give?”

\*This guide uses the word “mom” when referring to the client. Please adjust it as appropriate for the dad, guardian, grandmother or foster parent who is at the appointment.