

NOT QUITE READY

CLIENT	BEHAVIORS	TOOLS
Formula fed 2-3 months old infants	No cereal or solid food before 5-6 months	Photos of children doing adult behaviors Client Gift: Bottle Stickers

TOOLS:



OPENING ACTIVITY:

Show photos of children doing adult things, like driving a car, going to work, etc.

ASK: “We all want our children to be advanced. But these photos show children doing things before they are ready to do them. How do you feel about children doing things before they are ready?” (Refer to photos.)

Listen to client response.

SAY: “Baby’s digestive system continues to develop for the first five to six months of life. Feeding your baby cereal or solid food before that time is like allowing a child to drive a car before they are ready. Cereal and solid foods can cause harm to their developing digestive systems and can result in a lifetime struggle with weight and other issues, like diabetes.”

ASK: “There’s a lot of information out there about when to start cereal or solid foods. What have you heard?”

Discuss four ways to know when baby is ready for solid foods.

- Baby is at around 5-6 months
- Baby can sit upright and hold his head steady
- Baby appears interested in eating (grabbing for parents food, tries to pick up foods)

ASK: “All parents want their babies to be successful. Sometimes, all it takes is making sure they are ready for success and protecting them from harm. Waiting until five or six months is like an insurance policy for moms so they know they are protecting their babies. How do you feel about giving your baby the gift of time until five or six months before offering solid food?”

Offer “no cereal” stickers to clients.

Sample dialogue:

"I love these stickers. They let the world know that you're a protective mom—one that will not give your baby cereal until he is ready. Feel free to take a few for your bottles, diaper bag or even your refrigerator. Use them with pride, knowing you're giving your baby a gift that lasts a lifetime."

Sample dialogue for parents who are already offering cereal or solids in a bottle or spoon.

SAY: "Two-month-old babies are more alert, larger and stronger than when they were born, but asking their tiny bodies to do more than what they are ready to do can cause harm. Fortunately, it's easy to start over at this age. When you stop offering cereal, you can feel successful in protecting (baby's name) and confident you did the best for them now, just as you will in the future. That's the beauty of being a mother. We learn and change as we go along because in the end, we all want to 'do right' for our babies."