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5-MONTH OLD ADDIE'S MOM KNOWS THE STRESS OF HAVING A NEWBORN. LITTLE ADDIE WAS COLICKY AND OFTEN CRIED FROM DAY ONE.

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(Janet Frey, Mother) "She went to sleep and after about 30 minutes she woke up and I'm not sure if she was hungry but nursing calmed her down and she went back to sleep." :08

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(Sylvia Poulos, Ph.D.,RD) "It can be very easy to say I give up, a little bit of food will calm them down."

REGISTERED DIETITIAN SYLVIA POULOS WITH THE INFANT NUTRITION COUNCIL OF AMERICA SAYS THE FIRST SIX MONTHS OF YOUR CHILD'S LIFE CAN BE THE PERFECT TIME TO ESTABLISH HEALTHY HABITS WHEN IT COMES TO FOOD. IF YOU TURN TO FOOD TO SOOTHE THEM, YOU MAY BE CONDITIONING THEM TO FIND COMFORT IN EATING AND THAT CAN EASILY LEAD TO BAD EATING HABITS, AS WELL AS A HOST OF PROBLEMS IN LATER YEARS.

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(Natasha Zagrodnik, Mother) "My younger son was called chunky money because by the time he was 6 months old he weighed 30 pounds." :07

NATASHA ZAGRODNIK WORRIED ABOUT HER SON EARLY ON. AND WITH GOOD REASON.

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(Sylvia Poulos, Ph.D., RD) "It's over 2/3rds of the American population is overweight or obese. The problem isn't just that we're weight conscious. It's really that that weight translates to health problems such as cardiovascular disease, higher risk for hypertension, diabetes so there's a lot of medical problems that are related to obesity." :14

YOU CAN BREAK THE CYCLE RIGHT FROM THE START. HERE ARE FOUR HEALTHY HABITS. EXPERTS SAY LISTEN TO YOUR BABY'S HUNGER CUES. (GRAPHIC)

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(Sylvia Poulos, Ph.D., RD) "It is absolutely a sign that once a baby is consistently turning away from the bottle that they would be full. It's one of the classic signs." :08

(GRAPHIC) HABIT TWO: DON'T USE FOOD TO SOOTHE. REALIZE THERE ARE OTHER WAYS TO COMFORT YOUR LITTLE ONE.

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(Cate Bloom, Mother) “Activities, moving his legs, doing different exercises, different massages, even different types of chew toys, you know, different things to keep him satisfied” :14

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(Jay Bloom, Father) “We watched a video and read books and learned to do other things if he was fussy. There was swaddling. There was a chair we could put him in, you know there were other options than just trying to cram food down his throat.” :12

HABIT THREE: EXPERTS SAY LIMIT NIGHTTIME FEEDINGS. JAY AND CATE BLOOM’S SON DEAN IS THREE NOW AND AT A HEALTHY WEIGHT. THEY NEVER WOKE HIM UP FOR NIGHTTIME FEEDINGS, SOMETHING MANY PARENTS DO. (GRAPHIC) LIMIT NIGHTTIME FEEDINGS//SOT//

(Janet Frey, Addie’s Mom) “We used to do what we call a dream feed where I’d wake her up at 10:30 when I went to bed but now we’ve transitioned to just letting her sleep and she usually gets up about two times now.”

(Sylvia Poulos Ph.D., RD) “After the first few months and once a baby reaches about 11 pounds, it’s important to know that at that point, they really can eat and sleep 5 or 6 hours of time.”

(GRAPHIC) FINALLY, ALWAYS CONSULT WITH YOUR PEDIATRICIAN FOR REGULAR WEIGHT CHECKUPS. HE OR SHE WILL MONITOR YOUR BABY’S WEIGHT AND HEIGHT TO MAKE SURE THEY’RE ON THE RIGHT TRACK. IT’S EASY TO START NOW. YOU ARE SETTING THE STAGE FOR YOUR BABY’S HEALTHY FUTURE.

