

Introducing vegetables, fruits to your infants (Broadcast)

OSF HealthCare Newsroom

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EVERY YEAR – THOUSANDS OF BABIES ARE BORN IN OSF HEALTHCARE HOSPITALS. 22-HUNDRED BABIES WERE BORN IN 2022 AT OSF SAINT FRANCIS MEDICAL CENTER IN PEORIA ALONE.

TAKE VO

THIS MEANS THESE BABIES HAVE REACHED THE AGE WHERE THEIR PARENTS WILL BE ADDING MORE AND MORE SOLID FOODS TO THE BREAST MILK OR FORMULA THEY ARE FED WITH.

THIS NEW TERRITORY – CAN SEEM SCARY TO NEW PARENTS.

ANNE ORZECOWSKI (pronounced ORE-ZA-CHOW-SKI) – A FAMILY MEDICINE ADVANCED PRACTICE NURSE WITH OSF HEALTHCARE – HAS SOME TIPS TO HELP PARENTS SMOOTHEN OUT THE TRANSITION.

(25 SECOND SOT -- “The best way to introduce your infant to greens is to pick one vegetable. Then if you have an infant that is above 4-6 months, you can puree it to a consistency that is safe for them to get down. Just give it a try with their rice cereal and see how they do. Pick one at a time, and make sure they aren’t allergic to it.”)

VO TAG –

THE CDC RECOMMENDS NOT INTRODUCING FOODS TO YOUR BABIES UNTIL THEY’RE AT LEAST FOUR MONTHS OLD.

TAKE FULL SCREEN (MEDIA WOULD NEED TO CREATE A FULL SCREEN)

ON YOUR SCREEN NOW ARE THE SIGNS TO LOOK OUT FOR IF THEY’RE DEVELOPMENTALLY READY.

A FEW ARE IF YOUR CHILD CAN SIT UP ALONE OR WITH SUPPORT.. IF THEY CAN CONTROL THEIR HEAD AND NECK.. AND IF THEY OPEN THEIR MOUTH WHEN FOOD IS OFFERED.

MEDIA CAN REFERENCE BELOW LIST FROM CDC:

Your child:

- Sits up alone or with support.
- Is able to control head and neck.
- Opens their mouth when food is offered.
- Swallows food rather than pushes it back out onto the chin.
- Brings objects to the mouth.
- Tries to grasp small objects, such as toys or food.
- Transfers food from the front to the back of the tongue to swallow.

EXTRA SOUNDBITES:

12 SECOND SOT - “I think introducing veggies before you introduce fruits is helpful. It’s exciting to them, they start to like it, they look forward to it. Then once you introduce a fruit, they’re like ‘wow!’

13 SECOND SOT - "You could do carrot coins! If you've got a toddler. Something you can steam that's soft enough. You can steam pretty much anything. As long as it's cut up into tiny pieces that they won't choke on."