

Healthy Start Workforce Project

Learning to eat



Presenter:

Dr C. Gunn Research Fellow

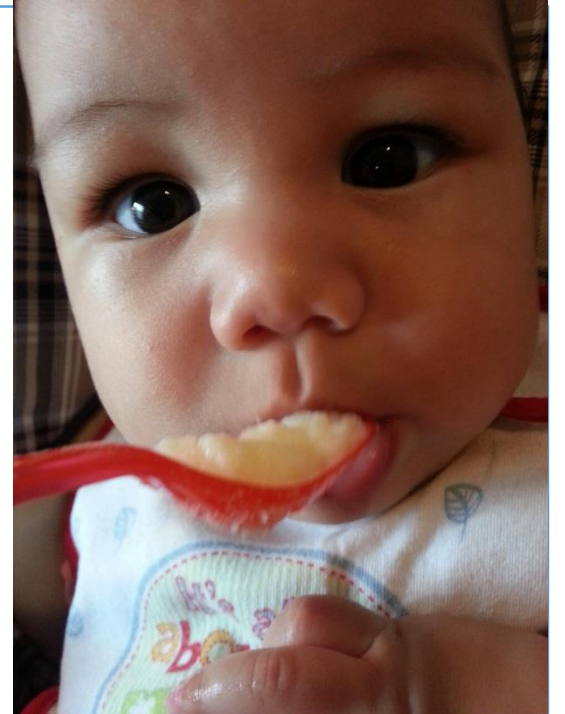
Gravida 
HEALTHY START
WORKFORCE PROJECT

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

Complementary feeding

- introduction at 6 months
- use of nutrient-dense foods
- adequate frequency and consistency
- responsive feeding



Consensus international guidelines for infant and young child feeding and nutrition (Wuelher et al. 2011)

Do early feeding practices support the development of healthy child eating habits?



Gravida 
HEALTHY START
WORKFORCE PROJECT

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

Early learning influences food preferences and eating behaviour, which shape differences in dietary patterns, growth, and health.



Gravida 
HEALTHY START
WORKFORCE PROJECT

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

Parental practices

“Feeding to soothe” affects
body weight/BMI in preschool children if parents
perceive them as temperamental

(Birch 2014)



Gravida 
HEALTHY START
WORKFORCE PROJECT

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

Food exposure practices promote the development of food preferences consistent with healthy dietary intake.

Responsive feeding behaviours that support child self-regulation of intake.

Timing of solids introduction





Gravida 
HEALTHY START
WORKFORCE PROJECT

A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

An initiative funded by the Ministry of Health

Summary

Early feeding best time to accustom infant to healthy food

Early diet may affect later risk of obesity and adverse metabolic outcomes

Parents/Caregivers: Guidance needed on “what” to feed but also “how” to feed their children

Healthy Start Education Programme



Module 7 Introducing complementary foods



Acknowledgements

Presented on behalf of the project team:

Gravida

Professor P. Baker, M. Cavanagh, T. Domett, J. Gunn, Dr A. Jaquier, F. Kato, S. Miller (project team leader).

MRC Lifecourse Epidemiology Unit

(University of Southampton)

Dr Wendy Lawrence (Healthy Conversation Skills)

Thanks to **TAHA** for use of some images



A healthy start to life starts with all of us

Māu, māku, mā tātou e ora ai

An initiative funded by the Ministry of Health