



Welcome to The Baby Feeding Timeline Game resource training!

Please take this opportunity to complete your attendance form and fax it to your Community Nutrition Advisor at 780-495-7338 or email to hc.abnutrition.sc@canada.ca.

We will begin soon!





The Baby Feeding Timeline Game

   Resource Training





What will this session cover?

- Today's training will be about 30 minutes long
- It will include:
 - An introduction to the Alberta Nutrition Advisory Team
 - An overview of the Baby Feeding Timeline Game
 - How to use this resource
 - Practice playing the game
 - Discussion
 - Evaluation
- Please feel free to ask questions at any time!





The Alberta Nutrition Advisory Team

- About us
 - We are Registered Dietitians that can help you with your nutrition priorities.
 - We can work with health centres, child-care facilities, schools, treatment centres, and other community-based programs.
- How we can help
 - Teach you about nutrition and how to include it in your programs
 - Assist with menu planning and managing client food allergies
 - Train workers to use resources like this one
- Team Members
 - Regional Nutritionist, Laura White
 - Community Nutrition Advisors
 - Audrey Inouye
 - Erin Bligh
 - Kathleen Gibson
 - Laurina Eskow



What is the Baby Feeding Timeline Game?

- Developed by Meadow Lake Tribal Council in Saskatchewan with Canadian Prenatal Nutrition Program funds
- Comes with:
 - game board
 - question and answer cards on different baby feeding topics from 0-12 months of age





Why was this resource created?

- The foods that baby eats are very important to baby's health, growth and development
- Since baby cannot talk to us yet, it is sometimes hard to know what they need!
- Often, baby is started on solid food too early
- This game is fun and engaging to help clients learn more about feeding their baby





The Game

- Comes with a board and question/answer cards
- Sections: 0-6 months, 6-9 months, 9-12 months, Feeding Concerns
- 5 key concepts in each section: Liquids, Solids, Texture, Nutrients, Feeding Relationships





How to Play

- Distribute cards evenly among players, including facilitator
- Going around the circle, players take a turn picking a card and reading the question on their card.
- They can either try to answer themselves, or discuss with the group. Once they've decided on an answer, the player reads the correct answer from the back of the card.
- The card then goes in the right spot on the board.
- *Alternate ways to play:* if players are uncomfortable reading the question, the facilitator can read the questions for them, or players can partner up in teams of 2.



Example Question: 0-6 months

Solids

Question: What are some signs your baby is ready for solids?





Example Question: 0-6 months

Texture

Question: What texture should baby eat for their first food?





Example Question: 6-9 months

Nutrients

Question: Which are the best foods to introduce first to baby?





Example Question: 9-12 months

Liquids

Question: When is it safe to introduce cow's milk to baby?





Example Question: Feeding Concerns

Feeding Relationship

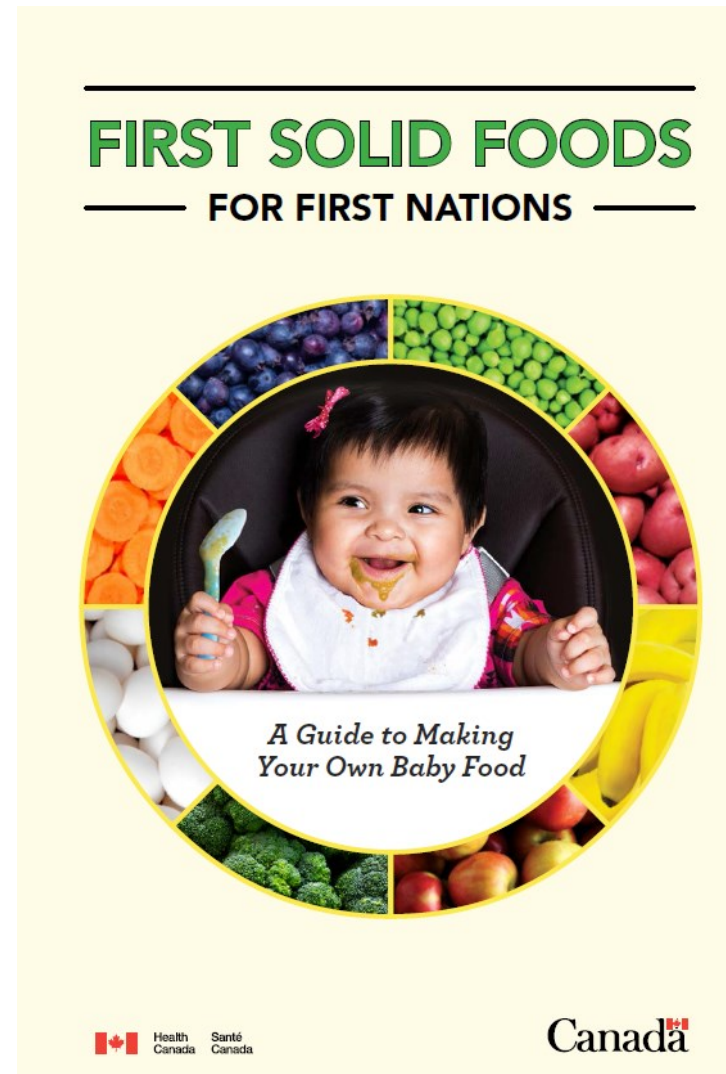
Question: How many times might a food need to be introduced before baby accepts it?

- A) 1-3 times
- B) 10-15 times
- C) If a baby doesn't like a food the first time, they never will



Another resource

- The **First Solid Foods for First Nations** book is a great resource to use along with the Baby Feeding Timeline Game
- More information on when baby is ready for solids and how to start baby on solids
- Baby food recipes
- Created in partnership with First Nations communities across Alberta
- Hard copies were sent to communities, and can be accessed online through One Health portal





Summary

- Clients read and answer questions about foods for baby between 0 and 12 months of age
- Helps engage clients and creates conversation around baby feeding topics
- The First Solid Foods for First Nations book is a great resource to use in combination with the Baby Feeding Timeline Game





Questions?

