

# Infant Nutrition: from Breastfeeding to Baby's First Solids

## IN THIS COURSE STUDENTS WILL BE ABLE TO:

- explain the importance of breastfeeding and formula in meeting the nutritional requirements of infants
- outline the method for introducing solid foods to the diets of infants
- describe the significance of feeding infants during family meals.

### WEEK 1: FROM MILK TO MUSHY STUFF: 0–6 MONTHS



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#### An introduction to early infant nutrition

Meet your education team to find out more about this course, what you'll be covering and why good, early infant nutrition is so important to a baby's lifelong health and wellbeing.



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#### Breastfeeding

Explore the many questions, issues and challenges that new mothers may face when it comes to breastfeeding a new baby, and what practical solutions and strategies may help.



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#### Infant formula

Discover what role infant formula plays in a baby's early nutrition as well as when and how to feed it.



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#### Weekly wrap

Reflect on the key ideas and principles that you covered in Week 1 before testing your knowledge and hearing from our Lead Educator about what's on for next week.

### WEEK 2: A PLACE AT THE TABLE: 6–12 MONTHS



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#### An introduction to baby's first solids

Explore what roles country and culture play in determining what a baby's first foods are most likely to be.



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#### When and how to introduce solid foods

Discover what the science says about introducing solid foods to an infant's diet.



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#### Key nutrition principles

Investigate the key nutritional principles for feeding solid foods to infants between six and 12 months of age.



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#### Practical strategies

Explore practical strategies for managing food rejection and coping with fussy eaters.



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#### It's a wrap

Consolidate your understanding of the key nutritional principles covered in Week 2 and submit your questions for our education team to answer.