Feeding the Baby
From the Weaning Period Thru the Second Year
Anna C. Jensen

WEANING THE WELL BABY

The baby that is not normally well should be fed and weaned according to directions furnished by a competent physician who can watch the child's progress constantly. Most authorities agree that the normally well baby will thrive better if it is weaned soon after the ninth month. Weaning should not be started, however, during or just before the hot months. Rather than to wean then, weaning may be started as early as the seventh month, particularly if the mother is not strong or her milk not abundant, or may be postponed a couple of months until the weather is cool. Mothers should not nurse their babies longer than twelve months. After that, the mother's milk changes in composition so that it is not sufficiently nourishing and may even be harmful to the baby. To continue nursing, therefore, does the baby no good and saps the strength of the mother.

HOW TO WEAN

Sudden weaning should not be attempted unless necessary. The baby's digestive tract is very tender and must be gradually accustomed to new foods. Only a little of the strange food must be given at a time until the mother is sure that the new food is agreeing with the baby. The mother will not continue to have a supply of breast milk unless she continues to nurse her baby. To keep up her supply of milk until the baby is able to digest cow's milk, she may give the baby one feeding a day of modified cow's
milk, at 10 a.m. or 2 p.m., and breast milk at the other feedings. When she is certain that the baby is able to digest cow's milk the breast milk feedings should be stopped entirely. The flow of milk will gradually disappear, but can be retained long enough for her to assure herself that the baby will not suffer by having his milk changed. A normal baby that has reached twelve months without being weaned, but has been given cow's milk occasionally, in addition to the breast milk, may be weaned quite rapidly; but babies that are weaned young, are somewhat underweight, or are not strong, need to be weaned very gradually and carefully.

The use of a cup and spoon instead of a bottle for the milk in weaning is recommended unless the baby is weaned when he is as young as seven months. This will save the busy mother the care of the bottles and nipples. Since it is better to hold a baby while he is taking milk from a bottle, feeding with a cup and spoon will not take more of the mother's time than she would use in giving the bottle feeding correctly.

**FOODS TO GIVE IN WEANING**

**Cow's Milk.**—Cow's milk is the best substitute for mother's milk and should be the staple food in the diet of children if they are to develop strong bodies and good teeth and bones. It should be clean, fresh (not more than thirty-six hours old), from cows free from tuberculosis, preferably a mixture of the milk of several cows, and should be sterilized. The milk should not have too high a fat content. About four per cent fat is desirable. If rich Jersey milk is used some of the fat should be removed. Care must be taken in the home always to keep the milk clean, cool and covered. If fresh cow's milk cannot be procured powdered milk is the best substitute.

Young babies need each day one and one-half ounces of milk for each pound of their body weight, but they should never be given more than a quart of milk daily.

The young baby who weighs over 21½ pounds does not need more than a quart of milk, because his extra weight is fat and he needs milk primarily for building such body tissues as muscles and bones. After a baby is nine months old 1½ to 1¾ ounces of milk to each pound of his weight is usually enough, but 1¾ ounces of milk a day for each pound of his weight may be continued if the child seems to need it, up to the point where he is getting a quart of milk a day.
Additions to the milk.—If the baby is weaned when he is younger than nine months old, maltose or lactose (kinds of sugar that can be bought at the drug store and that are less sweet than cane sugar) should be added to the day’s milk supply to the amount of one-eighth of an ounce for each pound of the baby’s weight. The milk also should be diluted with boiled water so that at each feeding the baby is given one ounce more than the capacity of his stomach. Average capacity of a baby’s stomach at different ages is as follows:

<table>
<thead>
<tr>
<th>AGE</th>
<th>CAPACITY</th>
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<tbody>
<tr>
<td>7 months</td>
<td>6½ ounces</td>
</tr>
<tr>
<td>8 months</td>
<td>7 ounces</td>
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<tr>
<td>9 months</td>
<td>7½ ounces</td>
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<tr>
<td>10 months</td>
<td>8 ounces</td>
</tr>
<tr>
<td>11 months</td>
<td>8½ ounces</td>
</tr>
<tr>
<td>12 months</td>
<td>9 ounces</td>
</tr>
</tbody>
</table>

A baby seven months old who weighs 19 pounds, if he has five feedings a day, one of which is to be cow’s milk, should have that feeding figured as follows:

Milk—19 x 1½ ounces = 28½ ounces a day ÷ 5 = 5.7 ounces, or about ¾ cup for one feeding.

Maltose—19 x ½ ounce = 2½ ounces a day ÷ 5 = ½ ounce, or about 1 level tablespoonful to the feeding.

Boiled water—6½ ounces (capacity of stomach at 7 months) + 1 ounce = 7½ ounces food to be given = 5.7 ounces of milk = 1.8 ounces, or about 3 tablespoonfuls water in each feeding.

A bottle or cup marked in ounces will be a great convenience. If this can not be obtained and a measuring cup can, remember that 16 ounces equal 1 pound, which is 1 pint of milk or 2 cupfuls of sugar. One ounce of sugar equals 2 level tablespoonfuls.

If maltose or lactose cannot be obtained or the price cannot be afforded, cane sugar can be used. It is undesirable, however, to give a baby that is being weaned as much as one-eighth ounce of cane sugar for each pound of his body weight, because he will develop an appetite for sweet food that will make it difficult to change his food later to milk and unsweetened cereal jelly. Half as much cane sugar as maltose, therefore, may be added to each feeding and the additional energy that the baby needs can be supplied by adding some thin gruel.

Adding cereal to the milk.—Barley flour is best to use every day for the gruel, but other cereals can be used. Oatmeal is good if the baby is constipated, and rice if his bowels are loose. Whole cereals need to be cooked four to six hours in a double boiler on
the back of the stove or over night in a fireless cooker, but barley flour needs to be cooked only a couple of hours. One and one-half level tablespoonfuls of raw cereal or flour for the day's five feedings is a good amount to start with. If only one substitute feeding is being given, this will mean that about one teaspoonful of the raw cereal is needed. A level tablespoonful cooked in enough water so that it will measure a little over one-half cupful when thoroughly cooked will be enough for three feedings. The cereal must be strained through a fine strainer before it is added to the milk. The amount of sugar should be gradually decreased and the amount of cereal gradually increased until the baby is getting at the end of the ninth month no sugar and about ½ to 1 ounce of cereal in his day's feedings. One-half to 1 ounce of uncooked cereal will measure from 1 to 4 level tablespoonfuls, depending upon the kind of cereal used. One ounce of flour, or flaked cereals such as rolled oats, measures uncooked about 4 tablespoonfuls; 1 ounce of rice or granulated cereals such as cream of wheat, about 2 tablespoonfuls; 1 ounce oatmeal or cornmeal, 3 tablespoonfuls. Make all measurements absolutely level.

Preparing the milk feeding.—When one substitute feeding is being given, the milk, sugar and water, or milk, sugar, cereal gruel, and water, should be mixed and brought quickly to the boiling point, cooled quickly until of body heat, and given to the baby. If two or more feedings are given, they should all be prepared at one time. After the milk has been brought to the boiling point, it should be divided into as many sterilized bottles as there will be feedings, the bottles plugged with cotton and the milk cooled. To sterilize the bottles put them in cold water, bring the water to the boiling point and boil ten minutes. Before giving the milk to the baby place the bottle in a pan of water and warm until it is of body heat.

Foods to give in weaning the nine-months-old baby.—If the baby is not weaned until after he is nine months old, the cow's milk should not have sugar added to it but should be given with a little cereal jelly. After nine months the baby requires only four feedings a day. For one substitute feeding multiply his weight by 1½ (ounces) and divide by four which gives the ounces of milk to give for one feeding. To the milk, add cereal jelly made by cooking cereals four to six hours on the back of the stove or in the fireless cooker and straining thru a fine strainer. Oatmeal, cracked wheat and cream of barley are good cereals to use.
child of this age needs in his four feedings one-half to one ounce of cereal a day, which when measured uncooked is one to four level tablespoonsfuls, depending upon the kind and amount used. Use one-fourth of this amount when only one substitute feeding is given. When starting with a new cereal, however, the mother should give only one-half the required amount or less and increase gradually. When the baby is entirely on cow's milk it will be found easier to give the cereal jelly with only two feedings, preferably the second and fourth ones and at first to dilute the other two feedings with boiled water. Add enough water to bring the amount of milk up to an ounce more than the capacity of the baby's stomach at that age. As the amount of milk increases, gradually decrease the amount of water used so that at the end of the first year the baby is drinking undiluted warm cow's milk. As before, the milk should be brought to the boiling point and cooled quickly until lukewarm before serving.

There is nothing more important to remember in feeding babies than that babies show such individual differences in the way they take care of food that no hard and fast rule as to amount or kind of food can be made. New foods must be introduced slowly and carefully and amounts increased gradually. It is better to underfeed the baby for a short time than to run the risk of his having an attack of indigestion.

Other foods a baby needs.—Fruit juices are needed to correct tendency to constipation, and to add iron. Strained orange juice, prune or tomato juice are best to start with, and later, apple, pineapple and peach juices may be used. When feeding a new fruit juice begin by giving each day only one teaspoonful diluted with water and increasing until one to three tablespoonfuls a day are given undiluted. A good time to give the fruit juice is between the two morning feedings.

Bread.—Dry toast or zwieback may be given to children when they have teeth, after the milk feeding. They should be taught to chew in order to stimulate the flow of saliva in the mouth and to develop the teeth. Soft breads should not be given at any time. Bread may be dried out over a slow fire and browned or an oven may be used. Enough bread may be prepared for a day or two at one time and stored in a heavy paper sack.

Water.—All babies should be given cooled boiled water between feedings.
FOOD AFTER WEANING OR THRU THE SECOND YEAR

The same principles of regularity and gradual training of the digestive tract to care for new food should be followed. It takes three hours for cow's milk to leave the stomach, so plenty to eat at meal times and no piecing between meals is necessary if the stomach is to have needed rest periods. Four feedings four hours apart are desirable.

**Milk** is the one food a growing child can not do without. One quart is needed until the baby is eighteen months old, then three cups or one and one-half pints to a quart until he is twelve years old, and at least one pint from then on.

**Cereal.**—Whole ground grains such as wheat, barley and oats are the best cereals to use since they contain more needed mineral salts. They should be cooked 4 to 6 hours, *strained* and given as a jelly with two meals each day. After two or three months of strained cereals the finer varieties can be given unstrained, and later any thoroughly cooked unstrained cereals. Do not add sugar to cereals.

**Fruit.**—Two or three tablespoonfuls of fruit juice or strained, cooked pulp should be given every day, the pulp being introduced gradually. The best time to give it is between the morning meals. It is safer not to give a baby of this age raw fruit pulp. If given, the fruit must be very ripe with no sign of spoilage and the pulp should be soft and scraped or mashed so that it will be finely divided.

**Dry bread** or toast should be continued.

**Egg yolk.**—By the time the baby is weaned he should have a little soft cooked yolk of egg occasionally to give him additional iron. Gradually increase the amount until he is getting as much as a yolk at one feeding on several days a week. Remember that spinach, orange, or tomato juices are also valuable sources of iron, so that if these are given less egg yolk is needed, but if not enough of these are obtainable, and eggs agree with the baby, a yolk a day may be given. Do not use the white of the egg if the baby gets one quart of milk.

**Vegetables.**—As the baby becomes accustomed to other foods, he may occasionally be given strained, mild-flavored, green vegetables. Spinach is the best; green peas, asparagus tips, young carrots, are good. At first give only one to three teaspoonfuls of the new kind of food and add it to the milk. After the eighteenth
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month, a strained vegetable should be given every day, served plain with a little cream or in slightly thickened milk as soup.

Other foods are not needed by a child of this age. To give them is likely to weaken the baby’s delicate digestive tract and cause him to develop a taste for highly flavored foods that will spoil his taste for the milk which is absolutely essential. Babies should not be expected to eat an adult’s food any more than they are expected to do a grown-up person’s work. Parents should be ashamed to say “my baby eats everything.” Because he can swallow food is no reason for believing that his body can take care of it without injury. Unfortunately, the penalty for wrong feeding does not always come until later life and may only show at the time in a cross, fretful baby or in a greater tendency for the baby to take colds or other diseases. The good health of grown persons depends largely upon what they were fed when they were children, so too much thought and care cannot be given the subject.

You may be sure your child is well fed if he is:

1. A healthy normal child who sleeps quietly thirteen to fifteen hours a day, has firm flesh, bright eyes, good color and a happy disposition.

2. Of average weight for his height and age, and makes a gradual gain in weight.

DIETARY FOR CHILD—18 MONTHS TO 2 YEARS OLD

(From “Feeding the Family” by Mary Swartz Rose)

<table>
<thead>
<tr>
<th>TIME</th>
<th>FOOD</th>
<th>AMOUNT</th>
</tr>
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<tbody>
<tr>
<td>6 a. m.</td>
<td>Warm milk</td>
<td>1 cup</td>
</tr>
<tr>
<td>8 a. m.</td>
<td>Orange juice, prune pulp, or baked apples</td>
<td>2 to 3 tablespoonfuls</td>
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<tr>
<td>10 a. m.</td>
<td>Strained cereal jelly, Top milk for cereal, Warm milk to drink, Stale bread, dry toast, or plain zwieback</td>
<td>2 to 3 tablespoonfuls, 1 to 2 tablespoonfuls, (\frac{1}{4}) to 1 cup, 1 to 2 slices</td>
</tr>
<tr>
<td>2 p. m.</td>
<td>Yolk of an egg, Stale bread or dry toast, Strained spinach or strained green peas, Warm milk to drink</td>
<td>1 to 2 slices, 2 to 3 tablespoonfuls, 1 cup</td>
</tr>
<tr>
<td>5:30 p.m.</td>
<td>Cereal jelly, Top milk, Stale bread, Warm milk to drink</td>
<td>2 to 3 tablespoonfuls, 1 cup, 1 to 2 slices</td>
</tr>
<tr>
<td>10 p.m.</td>
<td>Warm milk to drink (only if baby is awake)</td>
<td>1 cup</td>
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GOOD HEALTH SUGGESTIONS

To have a healthy baby see that in addition to proper food he has the following:

Undisturbed sleep for from thirteen to fifteen hours, depending on the age of the baby, in a ventilated room which has windows opened so no draft blows on the baby.

Clean, loose, comfortable, washable clothing which will keep the baby cool in summer and warm in winter.

Daily bath.

Daily airing. In very cold or damp weather, bundle up the baby and protect him from drafts, open the windows wide and give indoor airing.

Regular bowel movements once or twice a day.

A chance to grow and develop his own muscles without having his nerves upset by being jolted, bounced, tickled, or romped with. The baby who leads a monotonous life and is not amused or expected to be amusing will develop the strongest nervous system.

Freedom from irritation of strong lights, harsh noises, confusion of crowds, etc. The movie is no place for young children.