

Exploring

infants and toddlers



Capital District
Child Care Council

a tipsheet for parents and caregivers of children ages 0 to 2

8 Ways to Make 100% Juice Part of a Healthy Diet

1. **Coordinate and communicate** ~ Talk with parents about introducing fruit juice to a baby's diet.
2. **Cups only please!** ~ Only serve fruit juice to babies when they are developmentally ready to drink from a cup. Babies are ready to drink from a cup as soon as they can seal their lower lip on the cup and can sit without support.
3. **Practice safe sipping** ~ Do not serve juice in a bottle or allow children to walk around with sippy cups of juice. Too much juice can confuse a baby's appetite for other more nutritious foods. It can also cause diarrhea, gas, abdominal pain, bloating and tooth decay.
4. **Say no to cavities** ~ Juice should be only served in an open cup, while seated at snack. Free use of sippy cups can promote grazing on liquids and tooth decay.
5. **Be allergy aware** ~ Encourage parents to introduce different juices one at a time and one week apart in case of allergies. At 6 months of age and older, babies are less likely to have allergic reactions to fruit juice.
6. **Ban the bacteria** ~ Serve only pasteurized, 100% fruit juice. Unpasteurized juice may contain harmful bacteria. For your safety and that of the baby, always read the labels to be sure the juice is pasteurized.
7. **Clean the cups** ~ Wash the used cups after each serving in the appropriate manner. If the cups are left out, discard unused portions after 2 hours.
8. **Serving size savvy** ~ A daily serving of 100% juice for an Infant is 4-6 oz. and should only be served at snack time.

Keep this in mind...

...for an infant, the mouth is a very sensitive area which he uses to meet his mother, satisfy his hunger, comfort himself, and explore objects in the new world around him. Caregivers should carefully choose what will find its way to these marvelous little mouths.

**Give juice
the squeeze!
Never serve juice
by bottle to small
children.**



Source:

Pediatric Dental Health/ December 1, 2002 Baby Teeth: The Basics Time Magazine/April 11, 1994 Parent's: Can the juice! by Janice M. Horowitz Pediatrics for Parents/ June 2001 Feeding Toddlers by Harry Pellman

For more information call 518 426-7181

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