

MAKING A DIFFERENCE



Grand Challenges

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Grand Challenge: Health Title: Feeding Our Youngest



Why is this issue important?
For the first time, the Dietary Guidelines (2020-2025) include recommen-

dations for children under two years of age. Feeding our youngest is a personal choice for parents and caregivers given their individual circumstances. These guidelines empower parents and caregivers with accurate, science-based information so that they can make the best nutrition decisions for their infants and their families

How did Extension address this issue?

Shawnee County EFNEP and the KSRE Maternal and Child Health specialist, updated and revised a series of newsletters on infant feeding. There are 12 newsletters, one for each month of baby's first year and a special edition on breastfeeding.

Babies don't come with instruction manuals, and all parents have questions. Sometimes the answers — from many sources — can be confusing. Feeding patterns for infants have changed dramatically through the years, so the advice parents receive about feeding may vary, too. The newsletters provide timely information based on baby's age.

Parents and caregivers will learn how to:

- Understand baby's needs.
- Read baby's cues.
- Watch for new skills as baby develops.
- Enjoy mealtime with their youngest.



What was the impact?

The newsletters have been shared with extension agents across the state of Kansas, who, in turn, will share them with clients, health care providers, health departments and parenting organizations.

Virtual formats are being developed for sharing online and through social media.

PDFs of the complete series are available to download for free here: <https://bookstore.ksre.ksu.edu/Item.aspx?catId=389&pubId=24159>

