



Feeding on high

Letting your baby eat his meals in a highchair allows you some freedom during mealtimes. They can be particularly helpful when it's time for baby to start feeding himself. Look out for a highchair that keeps your baby strapped in securely and supported properly. The Posture Perfect highchair is a great choice – its adjustable seat and footrest give your baby extra comfort and it's a perfect height for your baby to enjoy his meal at the table with the rest of the family. For more information visit www.highchair.co.za or phone Liz on 083 987 4447 to order.

WATCH OUT FOR DEHYDRATION

Your baby could easily succumb to dehydration in warm weather. Look out for these signs: your baby is lethargic, has a dry, parched mouth and lips, has gone more than six hours without wetting his nappy (or has dark urine) and has sunken fontanelles and eyes. Call your doctor for advice.



3 WAYS TO:

up your child's super food intake

Superfoods are essential for your child's development. Try to get as many of them as you can into your child's diet.

- Oily fish like salmon, mackerel and fresh tuna contain omega 3 fatty acids that help your baby's brain grow. Make a fish and potato pie or batter chunks of fish for homemade fish fingers (see the recipe on page 40) that your baby will love
- Add beans to stews or give them to your tot on toast. They're loaded with zinc and iron
- Sweet potato is an excellent source of vitamin A, which protects your baby from infectious diseases. Kids love it because it's sweet – mash it and serve as is.

Did you know? Young children have small appetites and fibre-rich carbs can be bulky and inhibit the absorption of nutrients. To curb this effect, gradually introduce high fibre foods such as wholewheat pasta and brown rice into your child's diet so that by the time he reaches 5 years of age he's eating the same fibre-rich foods as the rest of the family.

Intolerant confusion

An allergy to cows' milk is often confused with lactose intolerance in babies, but they are markedly different. Cow's milk allergy is when an infant displays an allergic reaction to the proteins in cows' milk or cow's milk formula, whereas lactose intolerance is the lack of lactase enzyme to digest the lactose found in milks.

Primary lactose intolerance is in fact an extremely rare genetic condition and medical intervention is imperative. For more on this attend a Johnson's Baby Baby Sense seminars. Visit to www.babysense.co.za.

Flavours of Africa

Excite your toddler's taste buds with the new African Extracts range of yoghurts from Woolworths. The range features subtle flavours of traditional African botanicals baobab, buchu and rooibos paired with indigenous fruits such as naartjie, peach, granadilla and prickly pear. The extracts have been sustainably sourced and the yoghurts have added Howaru cultures for extra goodness. Look out for these uniquely African yoghurts at a Woolies near you.



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THE PERCENTAGE OF
TODDLERS WHO GO
THROUGH A
PHASE OF FUSSY
EATING.

What is...? Beta-carotene

Beta-carotene is an antioxidant responsible for the bright colour of many vegetables – carrots, pumpkin, mangoes, spinach, and more. Not only does it aid photosynthesis in these veggies, but your baby's body converts beta-carotene into vitamin A, which helps to support his immune system. Vitamin A is also important for good vision.