

LOOK AFTER YOU

Baby Weaning A Seminar Facilitated By Suzy Sherratt, Nutritionist D.N.N. February 9th 2012 - Euston, London

Four theory sessions offering underpinning knowledge, each followed by a practical demonstration showing appropriate foods and methods of preparation. Gain knowledge of the nutrition necessary to support infant development at this time. Offering practical advice on how to support and empower parents in feeding young children a diet that will nurture both normal brain development and physical growth.

INFANT DEVELOPMENT:

Over the first year of life, a child's brain doubles in size and its body weight triples.

Physical development is rapid, encompassing:

- Changes in bone thickness
- Increased size and weight
- Motor development
- Vision
- Hearing
- Organ changes

Growth of the infant brain is equally rapid and during the first year the hard wiring process for the following is a high priority:

- Cognitive development
- Emotional and Social development
- Movement
- Language and communication
- Vision and the other senses

Weaning, and therefore the timing of it, is critical for infants requiring a diet that will optimise normal development.

Nutrient deficient foods may deprive the developing child of a healthy future; mentally, emotionally and physically.



SEMINAR CONTENTS:

- What is the optimum diet for peak learning and normal mental and physical development, supported by current research findings
- How can proper weaning help lessen learning disorders occurring by school age. The impact of diet on behaviour
- Avoiding recurring acute illness and chronic conditions through correct weaning
- Why wait to wean? What age should weaning take place with regard to infant body system & brain development
- Weaning methods and ages and stages for foods introduction
- Practical advice & demonstrations to help empower parents at the weaning stage and beyond
- Supporting long term optimum health in our communities and families, information and ideas
- Awareness of allergies and intolerances

Look After You.....

And the families you nurture

“Infancy is a critical window of time, for if the neurons are not properly formed and connections properly made, the effects can haunt a child for his or her lifetime. When the foundation of the brain’s architecture is properly in place, it can set the stage for a future filled with potential. During the first year of life the brain still

demands an astonishing sixty percent of the total energy taken in by the infant”

Michael A. Schmidt M.D. Brain Building Nutrition, 2001

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