

WORRIED ABOUT DAIRY-FREE WEANING?

A healthcare professional practical guide to complementary feeding without cow's milk



IDEAS FOR REFLECTIVE LEARNING

- 1. WEBINAR RECORDING** - the webinar will be recorded to allow you to watch it as many times as you wish. The recording will be available at oatly.com/uk/hcp. A link to the recording will be shared with you.
- 2. HANDOUT** - a printable handout with the key points from the webinar has been produced for you to use in your work. The handout will be available at oatly.com/uk/hcp. A link to the handout will be shared with you.
- 3. FURTHER IDEAS:**

Following the webinar:

 - Identify the strengths of your pre-existing knowledge around complementary feeding of infants avoiding cow's milk
 - Identify any new knowledge gained
 - Consider how you currently provide advice to families on introduction of cow's milk free solids to infants. Will you be adapting your advice at all following the webinar?
- 4. FURTHER READING:**
 - SACN, 2018. Feeding in the first year of life. <https://www.gov.uk/government/publications/feeding-in-the-first-year-of-life-sacn-report>
 - Black & Aboud, 2011. Responsive Feeding Is Embedded in a Theoretical Framework of Responsive Parenting. *J Nutr.* Mar; 141(3): 490-494.
 - BSACI Early Feeding Guidance <https://www.bsaci.org/about/early-feeding-guidance>
 - King C, 2009. An evidence-based guide to weaning preterm infants. *Paediatr Child Health.* 19:405-414.
 - The Vegan Society website: Especially: A nutrition guide for vegans under 5 years of age. https://www.vegansociety.com/sites/default/files/uploads/downloads/Under-fives%20PDF%202_0.pdf
 - First Steps Nutrition Trust, 2020. Eating well, vegan infants and under fives. https://static1.squarespace.com/static/59f75004f09ca48694070f3b/t/5e56fa31f3d6f227ed61362c/1582758484838/Eating_well_Vegans-Feb_2020_forweb.pdf



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