**Reflection on Infant Meal Pattern Requirements**

This course went over several lessons on the meal patterns of infants. It discussed the differences between the previous meal pattern requirements and the updated requirements. The recent requirements consist of five common themes on infant feeding. These include encouraging breastfeeding, promoting developmental readiness, emphasizing more nutritious foods, focus on giving the right portion sizes, and emphasize the infants’ eating habits.1 This course did a great job discussing each one in-depth.

In never realized just how much thought goes behind figuring out the meal patterns of an infant in the first year of their life. Babies are incredibly vulnerable during this time so knowing when to introduce what types of foods, the kind of signals to looks out for in these infants to assess developmental readiness, and knowing the appropriate serving sizes is vital to ensure that your infant grows up healthy.

My favourite section of the course was the one on developmental readiness in infants. The AAP provides several guidelines on how we can be certain that infants are developmentally ready for solid foods and this ranges from their sitting position to different cues showing their acceptance of trying solid foods. One thing I really appreciated was the number of resources we were provided. The infant meal pattern charts will definitely come in handy for parents who have/are planning to have kids.

**Reference**

1. Loading. theicn.docebosaas.com. Accessed June 11, 2024. https://theicn.docebosaas.com/learn/courses/70/cacfp-infant-meal-pattern-requirements/lessons

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