

# A Guide to Transitioning



For most children, changing from one formula to another is simple and doesn't require a "transition period." However for some children a change in taste – such as a move from another formula to Neocate® or Pepticate™ – can present a challenge. Also, some children starting Neocate or Pepticate may be new to formula – for instance transitioning from breast milk, or adding a hypoallergenic formula to an elimination diet.

Neocate and Pepticate products should be used under medical supervision. Contact your child's pediatrician or healthcare team to discuss this transition and whether the strategies throughout this document are appropriate for your child. You may also call 1-800-365-7354, Monday - Friday, 8:30 am - 5:00 pm, ET to speak with a Nutrition Specialist.

## Fading

- Fading is a strategy where a small amount of a new formula is mixed with something the child is used to (such as expressed breast milk, another formula, or another beverage), gradually increasing the ratio of new to old over time. The goal is acceptance of the new combination, even if the difference is noticeable. It is important that once you begin the transition, try not to return to the preferred beverage if your child refuses. Instead, decrease the ratio of their new formula to their old formula just slightly.
- For some children: the slower, the better - others may transition very quickly. Each child will have his or her own unique pace, which can range from a few days to a few weeks. **You can use the table below as a guide to fading.** The goal is successfully moving forward, even if the pace is very gradual.
- For infants, introducing a new formula will be easier if he or she has some experience with bottle feeding or drinking from a cup. If your child is exclusively breastfed, begin the transition with breast milk in a bottle. When your child consistently accepts the bottle, you can begin to fade in the infant formula.
- When transitioning between powdered formulas, you should mix each formula separately following the directions on the can, and then combine the prepared formulas in a clean container. Only if necessary, refrigerate freshly prepared formula between 35-40°F (2-4°C) and use within 24 hours.

## A GUIDE TO FADING:

DAY	Old formula or beverage	Mixed formulas	New formula
DAY 1	<b>75%</b> Examples: 75% of a 4-ounce bottle is 3 fluid ounces 75% of a 6-ounce bottle is 4½ fluid ounces  Child should take _____ fl oz		<b>25%</b> Examples: 25% of a 4-ounce bottle is 1 fluid ounce 25% of a 6-ounce bottle is 1½ fluid ounces  Child should take _____ fl oz
DAY 2	<b>50%</b>  Child should take _____ fl oz		<b>50%</b>  Child should take _____ fl oz
DAY 3	<b>25%</b>  Child should take _____ fl oz		<b>75%</b>  Child should take _____ fl oz
DAY 4	<b>None</b>		<b>100%</b>  Child should take _____ fl oz



### If at first you don't succeed:

- If your child rejects their new formula, don't assume he or she doesn't like it. In typical development, research shows that children may need up to 20 exposures to a new food before they will try it. Keep presenting it and read on for strategies to promote acceptance.

### Choices:

- For infants from 0-12 months Nutricia offers Neocate® Infant, Neocate® Syneo® Infant and Pepticate™. Talk to your healthcare professional regarding which option would be best.
- Neocate offers different flavors such as strawberry, vanilla, chocolate, grape, orange-pineapple, tropical fruit, and unflavored. Neocate® Splash offers on-the-go convenience and doesn't look like a typical formula.
- Give children as much control as possible in choosing which flavor they would like to try, meal planning, cup selection, plates, bowls etc. Doing so will help foster investment in the mealtime process and increase motivation and participation. Possible choices to offer: "Which flavor: strawberry or vanilla?" "Which bowl: red or blue?"

### Model, Schedule and Routine:

- Children learn to eat via observation and positive experiences. If your child is old enough to sit for meals consider eating and drinking with them, modeling the desired behavior. This communicates to them that it's ok to try something new. It's important to not "fake it"; this teaches your child to model just that, faking!
- To the greatest extent possible, eliminate or minimize distractions during mealtimes, making the focus of the meal pleasurable eating and drinking experiences, social communication, and nourishment.
- Provide meals and snacks seated at a table, in a booster seat or in a highchair at regular intervals throughout the day to create hunger, establish predictability and provide four to six opportunities for a child to have exposure to their new formula. A schedule and routine around mealtimes is important for children on an elemental diet to help foster the developmental opportunities surrounding mealtimes (language, social, and fine motor skills), and maintain a foundation for future diet expansion.

### Language:

- There is power in what you do and don't say. What comes out of your mouth is just as important as what goes into your child's mouth. Avoid asking yes/no questions if you don't want to accept "No!" as an answer. For example, "It's time for a snack!" versus "Do you want a snack?"

- What you communicate non-verbally is just as important. If the look on your face says "yuck!" as you and your child are trying their new formula for the first time, you are likely to influence your child's lack of acceptance.

### Try It!:

- For toddlers, trying new formula doesn't have to mean drinking it the first time. It may mean exploring with all your senses: What does it look like? Smell like? How does it feel on my tongue and teeth? Don't be afraid to be playful! The goals are to explore without pressure, build familiarity and comfort, and - eventually - try it!

### Consistency:

- When embarking on a transition - any transition - the consistency with which you and anyone else caring for your child practice any of the above strategies will have an impact on success. The more consistent the experience, the faster your child learns.

### When to seek help?

- If the changes to your child's routine are feeling a little too bumpy, talk to your doctor about seeking help from a Feeding Specialist. Feeding Specialists are typically Speech-Language Pathologists or Occupational Therapists who specialize in feeding and swallowing development and difficulties.

### Here is a list of criteria to help you decide when to seek help:

- Your child's nutrition and/or growth are compromised
- Your child is unwilling to drink their new formula
- Your child is not participating in mealtimes
- Mealtimes are stressful
- Feeding issues disrupt daily life
- Your child is unable or unwilling to eat certain textures of food, or foods which are allowed in their diet (especially if the allowed number is limited due to food allergies)
- Your child is not feeding themselves as expected for age/ability



NUTRICIA  
**Neocate**®

NUTRICIA  
**Pepticate**™

Brought to you by Nutricia North America.

Pepticate™ is a hypoallergenic, extensively hydrolyzed infant formula for use under medical supervision and is indicated for cow milk allergy in infants from birth to 12 months. Neocate® is a family of hypoallergenic, amino acid-based medical foods for use under medical supervision and is indicated for cow milk allergy, multiple food allergies and related GI and allergic conditions.

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