

Expert Advice on Transitioning from Neocate® E028 Splash to Neocate® Splash

Transitioning to the new and improved Neocate Splash will be simple and may not require a “transition period” for most children. This guide is developed with help from a Feeding Specialist to help some children who might need a more gradual transition.

The new and improved Neocate® Splash is a nutritionally complete, amino acid-based hypoallergenic formula. It provides all the same benefits as Neocate® E028 Splash with updated nutrition. For most children, transitioning to the upgraded Neocate Splash will not require a “transition period.” However, change such as different packaging may be a challenge for some individuals.

This guide has been developed with a Feeding Specialist and may provide helpful transition tips. Neocate Splash should be used under medical supervision. Contact your healthcare team to discuss this transition. You may also call 1-800-NEOCATE (1-800-636-2283), Monday - Friday, 8:30 am - 5:00 pm ET to speak with a Nutrition Specialist.



FADING STRATEGY

- Fading refers to the gradual process of gaining acceptance of something new (upgraded Neocate Splash) that over time will completely replace something old (Neocate E028 Splash). Discuss with your healthcare team to see if using these simple fading steps could be beneficial.
- The amount of time required to achieve the goal of accepting Neocate Splash will vary among individuals. The purpose of fading is to permit successful movement towards the goal even if this requires several days or weeks.
- Fading will work best if Neocate E028 Splash is taken from a bottle, cup or sports container instead of the drink box.

FADING STEPS

(Example using one 8 fl oz serving)

DAY	Neocate E028 Splash 	Mixed formulas	New & Improved Neocate Splash 
DAY 1	75% Example: 75% of 8 fl oz is 6 fl oz Use _____ fl oz		25% Example: 25% of 8 fl oz is 2 fl oz Use _____ fl oz
DAY 2	50% Use _____ fl oz		50% Use _____ fl oz
DAY 3	25% Use _____ fl oz		75% Use _____ fl oz
DAY 4	None		100% GOAL ACHIEVED Use _____ fl oz

(Once opened, unused Neocate Splash can be safely stored in a refrigerator for up to 24 hours.)

IF AT FIRST YOU DON'T SUCCEED:

- If your child rejects new and improved Neocate Splash, 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 accept it. Keep presenting it and read on for strategies to promote acceptance...

CHOICES:

- For children, offering several acceptable choices can help. Choices are especially helpful when removing preferred foods from a child's diet. Having a choice gives a child control over what they can have, and shifts the focus off of what they can't.
- In the case of new and improved Neocate Splash, there are 4 great flavor options for children to choose from: Grape, Orange-Pineapple, Tropical Fruit and Unflavored (with a light, pleasant taste).
- 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: Grape or Orange-Pineapple?" "Which cup: 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 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 new and improved Neocate Splash. A schedule and routine around mealtimes is important for children on an amino acid-based 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 Splash!" versus "Do you want a Splash?"
- What you communicate non-verbally is just as important. If the look on your face says "yuck!" as you and your child are trying new and improved Neocate Splash for the first time, you are likely to influence your child's lack of acceptance.

TRY IT!:

- Trying new and improved Neocate Splash doesn't have to mean drinking it the first time. It may mean exploring the new drink box and taste 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 new straws make great fangs!) 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 with your child 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 new and improved Neocate Splash
- 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 self as expected for age/ability

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Nutricia North America would like to thank Angela Haas for her consultation. Angela Haas, MA, CCC-SLP is a Pediatric Feeding and Swallowing Specialist at a Children's Hospital. Angela has 20 years of experience evaluating and treating children with feeding and swallowing difficulties, and has conducted research in the areas of feeding, swallowing, mealtime dynamics, gastrointestinal dysfunction and food allergies.

