

# Happy 1<sup>st</sup> birthday... now it's time to transition to Neocate<sup>®</sup> Splash



As children get older they need more calories, protein, calcium, and other key nutrients than they did when they were infants. After the first birthday it is important to graduate to a hypoallergenic formula that provides the right nutrition to support healthy growth and development. Your healthcare provider has recommended Neocate Splash for your toddler to help meet his/her growing needs. Neocate Splash is the **first** and **only** ready-to-feed hypoallergenic amino acid-based formula and is well suited for toddlers.

- ✓ Hypoallergenic amino acid-based formula
- ✓ Nutritionally complete
- ✓ 4 great tasting flavors
- ✓ Easy on-the-go. no mixing required!

## Ready to transition?

Transition is simple. Neocate Splash tastes great and most kids transition easily.

**Neocate Splash comes in 4 great-tasting flavors. For most toddlers, changing to the flavored toddler formula will be a quick and simple process and may not require a "transition period." However, for some sensitive toddlers, with feeding difficulties change may present a challenge and a slower transition may be better.**

Fading involves mixing Neocate Splash with the infant formula (prepared as directed) to start the transition. You should start small, increase gradually, and not back track if your child refuses. Ask your toddler's healthcare team if fading could help.

**The goal is successfully moving forward, even if the pace is spread over several days or even weeks.**

## Here is an example of fading:

STEPS	Hypoallergenic Infant Formula	Mixed formulas	Neocate Splash
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
2	50% Use _____ fl oz		50% Use _____ fl oz
3	25% Use _____ fl oz		75% Use _____ fl oz
4	None		100% GOAL ACHIEVED Use _____ fl oz

## For children – offering several acceptable choices can help

Let your child pick his/her favorite – whether it's flavors, meal planning, cup selection, plates, or bowls.

## Children learn to eat via observation

Show them it's ok to try something new by eating and drinking with them. 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.

## Be consistent

Keep a routine schedule around mealtime. When embarking on a transition, the consistency with which you practice will have an impact on success. The more consistent the experience, the faster your child learns.

## Use the right language

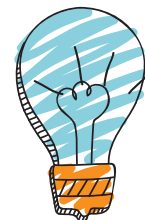
What you communicate non-verbally is important – look excited. Avoid asking yes/no questions if you don't want to accept "No!" as an answer. "It's time for a Neocate Splash!" versus "Do you want a Neocate Splash?"

## Make it fun!

Don't expect your child to drink the entire serving of Neocate Splash the first time they are trying it. Instead, help make it fun and exciting by playing around with the smells, colors and unique packaging!

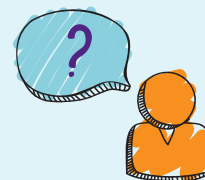
## Did you know?

If your toddler rejects 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 try it. Keep presenting it and read on for strategies to promote acceptance...



## When to seek help

If the changes to your child's routine are feeling a little too bumpy, talk to your healthcare team about seeking help from a Feeding Specialist.



## Acknowledgement

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 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.

**Neocate Splash should be used under medical supervision.**

