

Growing Together

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Episode 1: Responsive Feeding for Babies

Host: Dallas Arp

Guests: Brenda Bandy, Executive Director, [Kansas Breastfeeding Coalition, Inc.](#)
Monique Koerner, [K-State \(KSU\) Extension](#), Cottonwood District

RESOURCES FROM THE EPISODE, IN ORDER:

Book: *Division of Responsibility in Feeding* by Ellyn Satter, Dietitian/Family Therapist.
www.ellynsatterinstitute.org

Study: National Institute of Health, Harrison ME, Norris ML, Obeid N, Fu M, Weinstangel H, Sampson M. Systematic review of the effects of family meal frequency on psychosocial outcomes in youth. *Can Fam Physician*. 2015 Feb;61(2):e96-106. PMID: 25676655; PMCID: PMC4325878.

USDA Publication: Feeding Infants in the Child and Adult Care Food Program.
https://fns-prod.azureedge.us/sites/default/files/resource-files/FI_FullGuide_2021.pdf

Website: www.thefamilydinnerproject.org

Video: Are You Going to Eat That? Food Safety for Adults Under 30 (FDA)
https://www.youtube.com/watch?v=P_BJwqBHkRE

Websites: www.foodallergy.org

USDA Food and Nutrition Service - www.FNS.USDA.gov

Book: *Baby Leads the Way: An Evidence-Based Guide to Introducing Solid Foods*
American Academy of Pediatrics, 2025.

Publications: [Dietary Guidelines for Americans 2025-2030](#)
[WHO Guideline for complementary feeding of infants and young children 6-23 months of age](#)
[National Academies of Science Committee on Scoping Existing Guidelines for Feeding Recommendations for IYC Under Age 2](#)

Websites: World Health Organization - www.who.int

American Academy of Pediatrics - www.aap.org

The AAP Parenting Website - www.healthychildren.org

La Leche League International - www.llli.org

USDA: <https://www.myplate.gov/life-stages/infants>