

## Community Children's Nursing Service (CCNS)

### Nutrition and Dietetics

East London Foundation Trust

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**Tell us what you think** (We would appreciate and welcome your feedback to continually improve our services.

Your responses will be kept confidential).

#### References:

<https://www.nhs.uk/conditions/baby/weaning-and-feeding/what-to-feed-young-children/>

<https://www.nice.org.uk/guidance/ph11/chapter/appendix-c-the-evidence>

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## Information for Parents and Careers

### The impact of too much milk



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## Notes

For most children, from the age of 1 we advise to switch to full fat cow's milk (or an unsweetened, calcium-enriched milk alternative).

Full fat cow's milk is **rich in calcium, protein and energy**. It is **low in iron**. Infants need iron to grow and develop healthily. Too much milk can also reduce the amount of iron your baby is able to absorb.

Low iron intake can leave to iron deficiency anaemia which can lead to:

- poor appetite
- low energy
- poor immunity
- poor growth

Parents may become caught in a cycle where the child skips meals and then is given milk to satisfy their hunger. It can be easy to fall into this cycle and difficult to come out of.

Try remember after 1 year, food is the most important nutrition for a child, milk is nourishing but it will not provide a child with all their nutritional needs.

Giving a child mostly milk might mean they gain enough weight but they will likely develop vitamin and mineral deficiencies which can impact their health and growth.



### Suggestions:

- Whenever possible, give them food before milk
- Parents can benefit from reducing the milk in small, steady stages.

It's crucial to keep in mind changes can take some time!