Article published on January 14th 2012 | Family

Those pudgy cheeks of your baby sure fetch â€˜oohsâ€™ and â€˜aahâ€™ but are they indicative of future Parents those who themselves have faced overweight issues; fear their little ones might turn obese too. If your baby is simply chubby, you donâ€™t need to worry as generally all babies have more body fat than older children. But if body fat doubles as child grows, than you need to consult a pediatrician.

Some of the causes of infant obesity could be overfeeding by supplementing your babyâ€™s breast milk or formula feeding with too much solid food.  But it may not be the only the reason, as there may be other several factors as well. As per research, there is direct connection between an adultâ€™s propensity to put on weight and early childhood diet. Extremely overweight babies tend to grow into obese adult. One way to check is when, weight seems to climb at faster rate than height.

Solution is not in limiting feedings or providing your baby low-fat diet or putting him/her on low â€“fat diet. Parents have to understand that fat plays a vital role in brain development and without appropriate amount of fat in the diet, babies growth may suffer. Low fat diet could prove to be deterrent to growth. Other reason for obesity at such tender age is that parents donâ€™t allow their toddlers to move or run around, which is a vital requirement for their age. Parents generally carry their young ones around all the time or keep them strapped in the car seats or bouncy seats or strollers at home.

Ways to slash that excess baby fat

Tummy time â€“ Promoting tummy time in the infants below the age of 6 months is very important. Babies are almost all the time on their backs; it is because of this reason, pediatricians have noted flattening effect on the back of their head as babyâ€™s skull is very soft.  Tummy time gets babies off their backs. It strengthens their neck and muscles and prepares them for crawling.

No TV time â€“ Avoid putting toddlers in front of TV. Too much television viewing will make your toddler couch potato.

Restrict use of strollers - Avoid using too much strollers for infants, toddlers and preschoolers. Donâ€™t keep them strapped all the time; give them movement to move their arms and legs freely.

Healthy diet: Provide diet which is rich in vegetables, grains, healthy proteins and fruits.

Consult your doctor if you feel your baby has excess fat. He may advice few simple recommendations to keep your baby healthy. Do follow it.

Article Source:
http://www.articleside.com/family-articles/ways-to-slash-that-excess-baby-fat.htm - Article Side

Pooja Sharma - About Author:
Mother's Pride  a Playschools  is headed by the renowned educationist and sought after parenting expert Mrs. Sudha Gupta. As an educationist, she has single-handedly revolutionized a pre-school

Article Keywords:
Baby Fat, Ways to slash that excess baby fat, baby, obese, Healthy diet

You can find more free articles on Article Side. Sign up today and share your knowledge to the community! It is completely FREE!