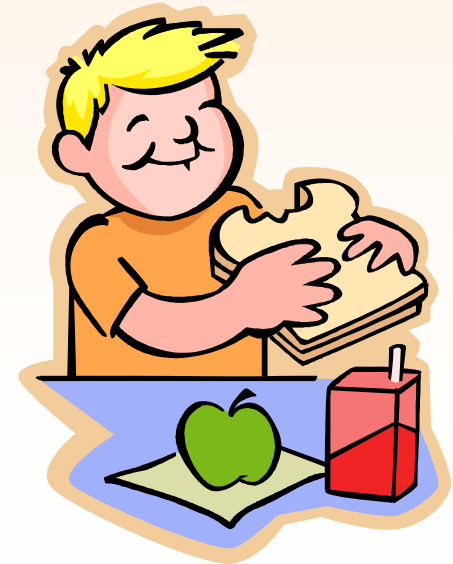




# ***Feeding Young Children***

# Overview

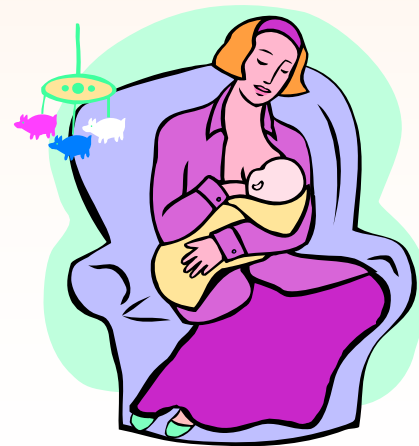
- ◆ *Creating a positive feeding relationship*
- ◆ *Feeding your toddler*
- ◆ *Feeding your preschooler*



# ***Creating a Positive Feeding Relationship***

***Feeding works best when parents and caregivers share the responsibilities of feeding with children!***

- ◆ ***Parent's Responsibility***
- ◆ ***Child's Responsibility***



# *Sharing the Responsibility of Infant Feeding*

- ◆ *Parent: What to offer the child*
- ◆ *Child: How much they eat and even whether or not they eat anything at all!*



# *Sharing the Responsibility of Feeding Toddlers and Preschoolers*

- ◆ *Parent: What foods are offered  
When food is offered  
Where food is offered*



- ◆ *Child: How much to eat and even  
whether or not to eat!*



# *Help Toddlers Reach These Goals:*

- ◆ *Feels positive about eating*
- ◆ *Relies on internal cues (like hunger)*
- ◆ *Eats enough to satisfy appetite*
- ◆ *Enjoys different foods*



# *Help Toddlers Reach These Goals:*

- ◆ *Can try new foods*
- ◆ *Can politely turn down or ignore foods*
- ◆ *Can “make do” when necessary (we don’t always get our favorites!)*



# *Typical Toddler Traits*

- ◆ *Skeptical*
- ◆ *Erratic*
- ◆ *Opinionated*



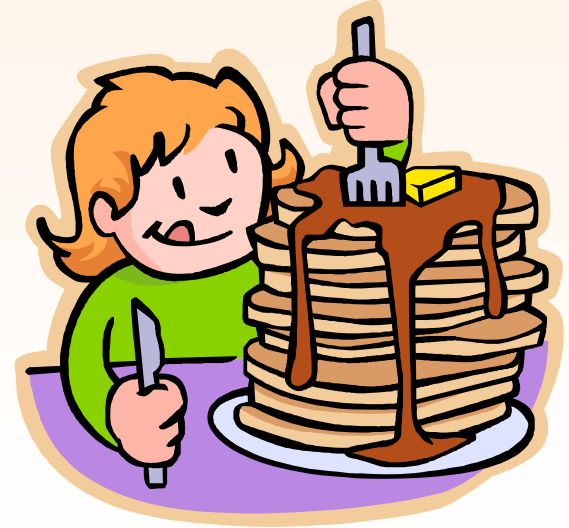
# *What Toddlers Need*

- ◆ *Planned meals and snacks*
- ◆ *Pleasant family meals*
- ◆ *Developmentally appropriate foods*



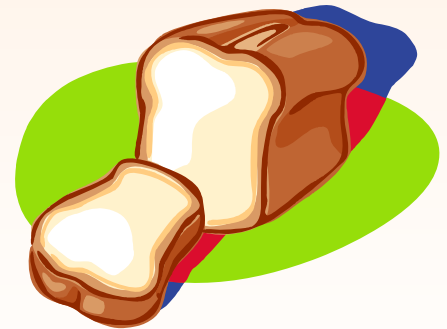
# *What Toddlers Need*

- ◆ *Freedom to eat or not to eat*
- ◆ *Freedom to decide which foods to eat and how much*
- ◆ *To explore his food*



# ***Foods for Toddler***

- ◆ ***Soft, moist, easy to chew.***
- ◆ ***Adequate in fat content.***
- ◆ ***Pair strange/disliked food with liked food.***
- ◆ ***Have bread on the table.***
- ◆ ***Starchy foods often popular.***
- ◆ ***Offer favorite foods sometimes.***



# *Tips for Parents*

- ◆ *Have structure and set limits.*
- ◆ *Allow toddler autonomy (within your limits).*
- ◆ *Allow toddler to explore food.*



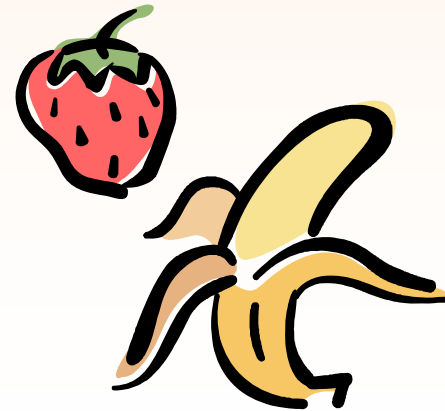
# *Tips for Parents*

- ◆ *Accept that food intake will vary.*
- ◆ *Believe that toddler will select a healthful diet over time.*
- ◆ *Enjoy the adventure of these years.*



# *Food Preparation: What Toddlers Can Do!*

- ◆ *Scrub fruits and veggies*
- ◆ *Tear lettuce*
- ◆ *Break snacks into pieces*
- ◆ *Snap beans*
- ◆ *Dip veggies, fruits, or chips*



# *What Preschoolers are Like*

- ◆ *High energy*
- ◆ *Self-aware*
- ◆ *Want to please and imitate*
- ◆ *Playful*



# *What Preschoolers Need*

- ◆ *Structured meals and snacks*
- ◆ *Pleasant mealtimes*
- ◆ *Cooking experiences*
- ◆ *Opportunities to grow ...  
like eating out*



# *Food Preparation: Preschooler*

- ◆ *3 yrs: pour, mix, wrap, spread, shake, serve portions*
- ◆ *4 yrs: wipe, wash, set table, peel, spread, cut, roll, mash, crack eggs, pour pre-measured ingredients*
- ◆ *5 yrs: make simple breakfasts and lunches, measure, cut, grind, grate*



***Enjoy these years with your children!***



***They pass so quickly ...***



***Developed by:***

***Linda B. Bobroff, Ph.D., RD***

***Professor and Extension Nutrition Specialist***

***Dept of Family, Youth and Community Sciences***

***University of Florida IFAS Extension***

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***Resources:***

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