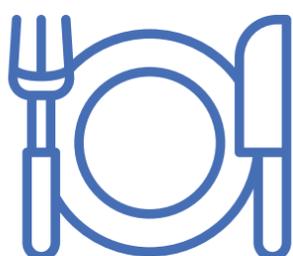


TODDLER MEALTIME BASICS

DODGING A TODDLER FOOD FIGHT



WHAT SHOULD MY TODDLER BE EATING?

The toddler years are full of exploring and discovery. The best thing you can do is offer your toddler a variety of foods from each food group with different tastes, textures, and colors.

HOW MUCH SHOULD MY TODDLER BE EATING & DRINKING?

Your job is to decide what foods are offered and when and where they are eaten. Let your child decide which of the foods offered he or she will eat, and how much to eat. Toddlers eat/drink roughly 1,000-1,400 calories per day and decrease their milk intake to about 16 ounces per day.



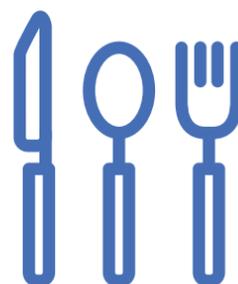
IS THERE ANYTHING I SHOULDN'T FEED MY TODDLER?



It is important to avoid foods that may cause choking, including whole grapes; large pieces of meats, including hot dogs; candy and cough drops; nuts, seeds, popcorn, chips, pretzels, & raw carrots. Always cut up foods into small pieces and watch your child while he or she is eating.

WHEN SHOULD I TRANSITION MY TODDLER TO A CUP & UTENSILS?

It takes plenty of practice and hand-eye coordination (and messes!) to master a spoon (and later a fork) & a cup. Offer utensils & a sippy at every meal (starting at the time of food introduction) as an opportunity to practice and learn, but allow your child to continue using their hands while they master this skill!



WHAT IF MY TODDLER IS A PICKY EATER?



Eating is not ours to control! Continue to offer healthy options at every meal. It may take trying a new food 10 times before they like it. Never force your child to eat a food he or she doesn't like. Offer multiple choices, so that he or she can choose something he or she does like. It is not uncommon for toddlers to eat most of their calories at one meal-they will get what they need in a 24hr period!

ADDITIONAL TIPS

- Set a good example of healthy eating for your child
- Use kitchen scissors, instead of a knife, to cut up your child's food
- Offer the adult meal "deconstructed", e.g. offer the meat, cheese, and tortilla separate instead of making a taco
- Don't use food as a reward or make your child finish their plate
- Make mealtimes fun and remove the pressure from eating



WANT MORE RESOURCES LIKE THIS? VISIT [HTTPS://CHILD CARE ANSWERS.COM/YOURCHILD/](https://childcareanswers.com/yourchild/)

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Information adapted from: The Cleveland Clinic & HealthyChildren.Org



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