

Feeding Frenzy

Tips For Feeding Your Child



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Agenda

- ◉ Myth Busters!
 - > *uncovering the truth about child nutrition*
- ◉ Nice to Meat You
 - > *introducing solid foods to your infant*
- ◉ The Kids Table
 - > *MyPlate, food groups, and portion sizes for toddlers*
- ◉ Fall Into The GAP
 - > *the 3 keys to a healthy feeding partnership*
- ◉ Feed Me!
 - > *child feeding strategies*

A green starburst shape with multiple points, centered on a blue background. The text "Myth Busters!" is written in white, bold, sans-serif font inside the starburst. The background has a subtle grid pattern.

**Myth
Busters!**

MYTH #1

- ⦿ **My baby can drink cow's milk beginning at 3 months.**

Busted!

It is recommended that babies start cow's milk at 12 months. Before that, they require specific nutrients only found in breast milk or fortified infant formulas.

MYTH #2

- ⦿ **My child can drink as much juice as desired each day as long as it is 100% fruit juice.**

Busted!

Although 100% fruit juice is the correct choice, you should limit your child's juice intake to 4 oz (1/2 cup) per day. This can help to prevent cavities. Your child will also eat more nutritious foods if they are not filled up on juice.

MYTH #3

- It is okay to put my child to bed with a bottle, because it soothes him/her to sleep.

Busted!

Putting your child to bed with sweetened beverages or foods can result in nursing bottle syndrome. If bottle contents sit on their teeth for a long time, it mixes with bacteria in the mouth, forming an acid which dissolves the teeth.



Nice to Meat You



- ◎ How do I know when my infant is ready for solid foods?
 - > Sits up with support
 - > Holds head steady
 - > Puts fingers or toys in mouth
 - > Closes lips over a spoon
 - > Shows that food is not wanted by turning head
 - > Is able to keep food in mouth and swallow it

Nice to Meat You

- ◎ Solid foods should be given when your infant is between 4 and 6 months.
 - > Your pediatrician can help determine when your infant is ready.
- ◎ Introduce infant cereals; strained or pureed vegetables; fruits; and meats, egg yolk, and legumes.
 - > Rice cereal has a low risk for allergies.
 - > Vegetables before fruits so they don't get used to the sweet taste and refuse vegetables.

Nice to Meat You:

Recommendations for introducing solid foods:

- Infant should not be overly tired or hungry
- Introduce one new, single ingredient food to your baby every 5 days
 - > Watch for signs of a reaction (rash, wheezing, or diarrhea)
- To start, provide 1-2 T of each food per day
- Allow infant to open mouth & extend tongue
- Avoid scraping spoon on infant's gums
- First meals may be 6 spoonfuls over 10 minutes

Nice to Meat You

4-6 months

- Can swallow pureed foods.
 - early introduction of lumpy foods may cause choking.
- 1-2 T of each food per day:
 - iron-fortified infant cereals
 - strained or pureed cooked vegetables
 - fruits
 - meats, egg yolk, and legumes

6-8 months

- Can swallow very soft, lumpy foods.
- 4-6 T per day of iron-fortified infant cereals
- 3-4 T per day of strained or pureed cooked vegetables
- 3-4 T per day of fruits
- 1-2 T per day of meats, egg yolk, and legumes

8-12 months

- Can eat soft mashed foods.
- 4-6 T per day of iron-fortified infant cereals or hot cereals
- 3-4 T per day of plain pureed, mashed, or chopped cooked vegetables
- 3-4 T per day of fruits
- 1-3 T per day of pureed or chopped lean meat, poultry, fish, egg yolk, cheese, yogurt, or mashed legumes

Nice to Meat You

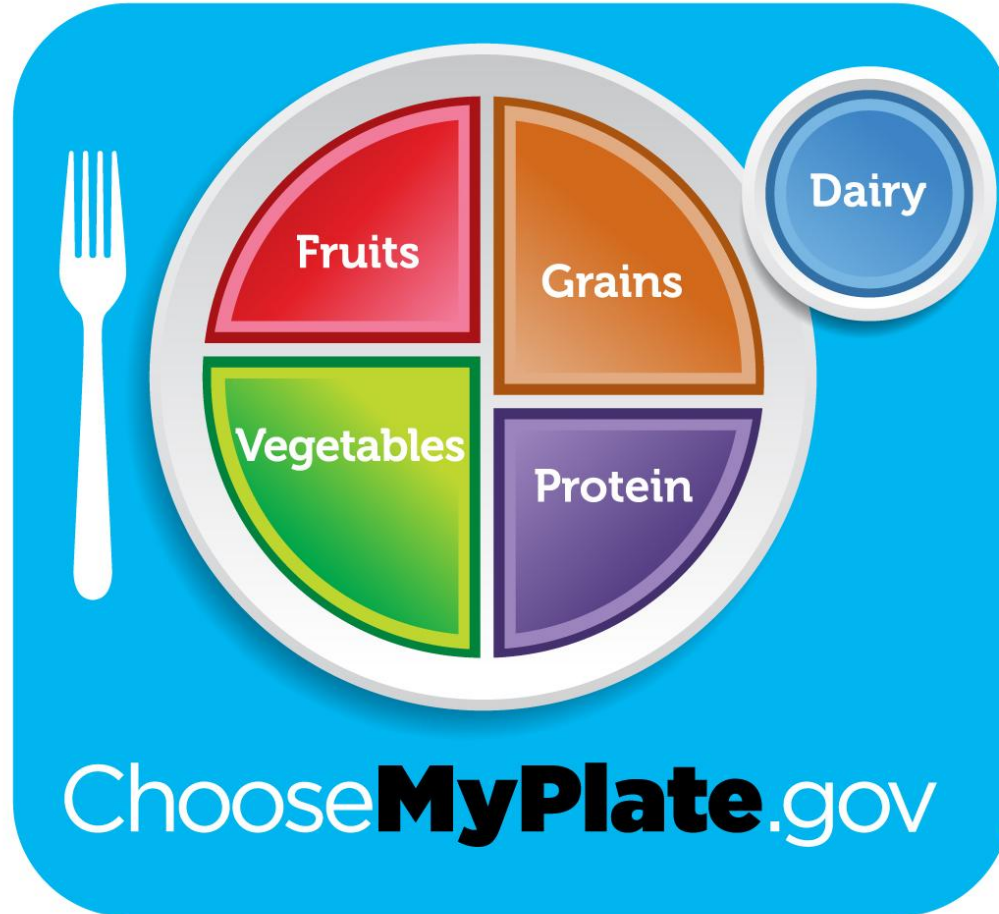
- If you have a family history of food allergies, delay introducing your child to these foods:
 - > Peanuts
 - > Tree nuts
 - > Eggs
 - > Milk
 - > Soy
 - > Wheat
 - > Fish
 - > Shellfish

Nice to Meat You

- ◎ AVOID these foods! They may cause choking in children:
 - Popcorn
 - Peanuts
 - Raisins
 - Hard candy
 - Grapes
 - Hot dogs
 - Marshmallows

The Kids Table

MyPlate for Toddlers



Food Group	2 year olds	3 year olds	4-5 year olds	Serving & Examples
Fruits	1 cup	1 – 1 ½ cups	1 – 1 ½ cups	½ cup of fruit <ul style="list-style-type: none"> • ½ cup sliced, mashed or chopped fruit • ½ cup 100% fruit juice • ½ medium banana • 4-5 strawberries
Vegetables	1 cup	1 ½ cups	1 ½ - 2 cups	½ cup of veggies <ul style="list-style-type: none"> • ½ cup sliced, mashed, or chopped vegetables • 1 cup raw leafy greens • ½ cup vegetable juice
Grains	3 ounces	4-5 ounces	4-5 ounces	1 ounce of grains <ul style="list-style-type: none"> • 1 slice bread • 1 cup cereal • ½ cup cooked rice or pasta
Protein	2 ounces	3-4 ounces	3-5 ounces	1 ounce of protein <ul style="list-style-type: none"> • 1 ounce cooked meat • 1 egg • 1 Tablespoon peanut butter
Dairy	2 cups	2 ½ cups	2 ½ cups	½ cup of dairy <ul style="list-style-type: none"> • ½ cup milk • 4 ounces yogurt • 1 string cheese

Source: <http://www.choosemyplate.gov/preschoolers/HealthyEatingForPreschoolers-MiniPoster.pdf>

“So now I know how much to feed my toddler, but meal time can be so stressful! Why is that?”



Feeding Troubles are often caused by:

- Toddlers go through growth spurts, so they may not be as hungry when they are not growing as fast.
- They are exploring and learning lots of new things, so they may not be as interested in food.
- They discover that they are individuals and like to prove it by saying “NO!”

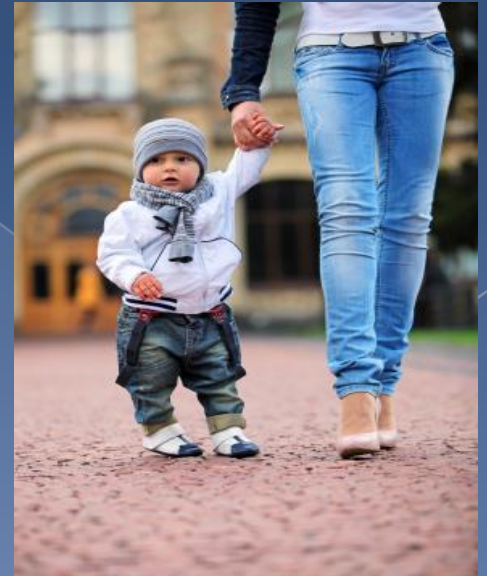
Fall Into The GAP

The 3 keys to a healthy feeding partnership

Growth rate slows

Always remember: your child is watching you

Partnership is key



Roles in the Feeding Partnership

Identify if these roles belong to parent or child

> Choosing and buying the food

Parent

> Deciding what food to eat on the plate

Child

> Deciding whether to eat

Child

> Making and serving meals

Parent

> Deciding when to serve meals

Parent

> Deciding how much to eat

Child

The Feeding Partnership

- As a parent, you are responsible for *what, when, and where* food is served.
- Your child is responsible for *how much* and *whether* they eat the food.

Let's apply the GAP!

Scenario #1

- Justin, age 3, wants to snack all the time and refuses to eat the meals that his mother makes.



● **G (Growth)**

- Justin's growth is slowing down, so he isn't as hungry for big meals and would rather eat snacks. Just make sure they are healthy snacks.

● **A (Always remember...child is watching)**

- Justin might see his parent (role model) snacking often. He is trying to be just like them.

● **P (Partnership)**

- It is the parent's job to decide what foods to offer and when to offer them.
 - Does Justin have regular meal and snack times?
 - Are the foods given at meal time easy for him to handle?
 - Are meal times relaxed and pleasant? If you try to push your child to eat at meals, they may rebel.

- **If it really looks like your child is not hungry at meal time, that's okay. It is the child's choice whether to eat and how much to eat. Ask them to keep you company at the table.**

Let's apply the GAP!

Scenario #2

- Ava, age 2, likes to play with her food instead of eating it.



● **G (Growth)**

- > Ava's growth could be slowing down, so she might be more interested in the textures, colors, and smells of her food, rather than eating it!

● **A (Always remember...child is watching)**

- > This might be one of those times that Ava is NOT watching you. She is too busy playing with her food! Continue to set a good example, anyway.

● **P (Partnership)**

- > One of your roles as parent is to set behavior guidelines for the table. Mixing food is one thing, but if she starts throwing her food, you may want to excuse her from the table until she is really ready to eat.
- > Do you have regular meal and snack times so Ava is ready to eat and hungry at meal time?
- > Are the foods served at meals easy enough for her to eat?
- > Are you allowing her to decide how much and whether to eat? She might be playing with her food as a way of refusing to eat!

Let's apply the GAP!

Scenario #3

- Mason, age 4, only likes a couple of foods – peanut butter sandwiches and macaroni. He wants them all the time and will only eat these foods.



● **G (Growth)**

- > Only liking a couple of foods is called a **food jag**. These are normal and most toddlers go through them. It might have to do with a decreased appetite from slowed growth, or with a fear of trying new foods.
 - *Ask yourself, are these foods part of a healthy diet?*
 - *Are there other reasons that he only wants these foods? (Other foods served are too hard to chew, etc.)*

● **A (Always remember...child is watching)**

- > This is very important! Be a good role model by letting Mason see you (the parent) eat a **variety** of foods!

● **P (Partnership)**

- > Don't make food jags an issue! Remember – children will eat when they are hungry, so continue to offer a variety of healthy foods. We are all programmed to want variety, so Mason will eventually eat other things.

It's Game Time!



BINGO

Child Feeding Strategies

- Be a good role model by eating and drinking healthy foods and beverages.
- Let your child help with meals – they can choose a vegetable or fruit to use, help to set the table, or carry a lightweight dish to the table.
- Do NOT force your child to eat a food that they have rejected, but DO continue to serve it.



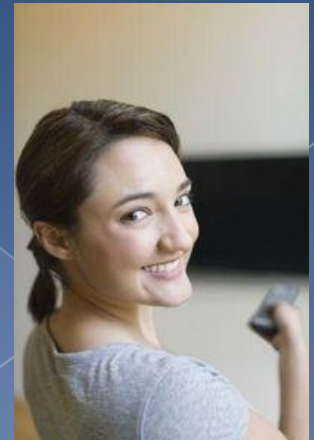
Child Feeding Strategies

- Try to make meals interesting for your child – use fun plates, make smiley faces out of the food, etc.
- Set up a regular meal and snack schedule for your child. Being consistent helps.
- Give your child healthy foods and beverages at snack time.



Child Feeding Strategies

- ◉ Serve your child small portions and let him or her ask you for more.
- ◉ Make sure that the food you serve is in bite-sized portions, at the proper temperature, and kid-friendly.
- ◉ Try to make meal time as pleasant as possible.
- ◉ Turn the TV off during meal time.



Child Feeding Strategies

- Set standards for behavior at the table, and excuse your child if he or she misbehaves.
- Let your child decide whether or not to eat and how much food to eat.
- Avoid using foods or beverages (especially sweets or dessert) as bribes or rewards.



Goals

Let's go around the room and have everyone share one of these child feeding strategies that they plan to use.

Final Thoughts...

- ◉ There are lots of things to remember when it comes to feeding your child.
- ◉ The most important thing that you can do is to stay calm and try your best to create a happy, healthy eating environment!

