

Picky Eating 101

TODDLERS 1-2 YEARS



I'M A TODDLER NOW. AT MEALS, YOU MAY NOTICE THAT I:

- Eat less than I used to
- Drink less, and slower from a cup
- Don't want to try new foods
- Prefer only a few foods



This behavior is normal for me. As long as I am growing and have plenty of energy, I am eating what I need, even if I skip meals sometimes.



You Decide:

- *What* to eat at meals
- *Where* the meal will be eaten
- *When* meals are served

I Decide:

- *How much* to eat from the food you offer
- *Whether or not* to eat

Trust me to eat when I'm hungry and stop when I'm satisfied.

TOP 10 TIPS FOR FEEDING TODDLERS

1. Provide meals and snacks around the same time every day. Feed me at the table instead of letting me graze or run around with sippy cups or pouches.
2. Make one meal for everybody. If I complain or refuse to eat, don't make me something else. I need to learn to eat what our family eats.
3. Make foods easy for me to eat by cutting them in bite-sized pieces. Offer soft, moist foods to help prevent choking.
4. Respect my choice if I choose not to eat. Never force or pressure me to eat. Let me listen to my body.
5. Encourage good behavior at the table. Teach me how I should behave so meals are pleasant for everyone.
6. Put small amounts of new foods on my plate without forcing me to try them. New foods scare me sometimes. Keep giving them to me and I will learn to like them in my own time.
7. Remember that I have a small stomach. Some days I'll eat less than others and that's okay.
8. Offer a small cup of milk at meals and water in between. Water won't spoil my appetite like milk and juice.
9. Replace my bottle with a cup. I'll drink less, leaving more room in my tummy for food.
10. If I don't eat much, don't try to fill me up with liquids. Wait and feed me again at my next meal or snack.

