

GROWING LEAPS AND BOUNDS[®]

SERIES: 7 OF 12



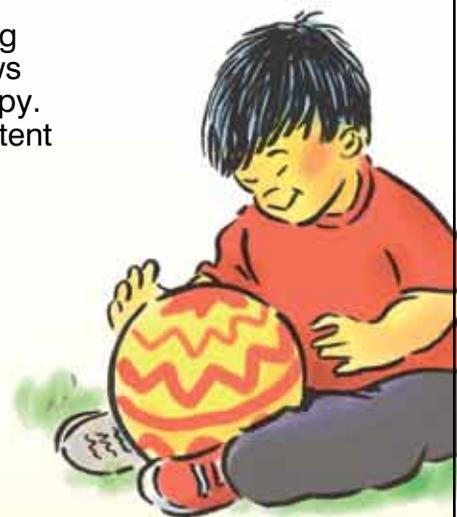
A GUIDE TO HEALTHY FEEDING AND PHYSICAL ACTIVITY FROM INFANCY TO PRESCHOOL YEARS

POSITIVE PARENTING

Your toddler's personal eating habits are well underway, and she's trying many more new foods. She is developing quite a personality. She throws temper tantrums, holds her breath, and is cranky as often as she is happy. The good news is that firm but positive parenting will help keep her content and learning about her new world.

Until Your Next Well-Child Visit...

- Choose snacks wisely – many times they double as mini-meals.
- Make sure your toddler is getting more than 60 minutes of activity every day, including lots of outdoor play.
- Wean your toddler from the bottle.



Success Strategies

- 1 Eliminate all bottles and switch to a cup. The afternoon bottle is usually the easiest to eliminate, followed by the morning bottle and then the evening bottle. The weaning process takes time, so be patient.
- 2 Encourage your toddler's independence by letting her choose a couple of pieces of food to put on her plate, feed herself (no matter how messy), play with her spoon, and handle and examine her food.
- 3 Allow your toddler to experience new foods by looking, smelling, licking, spitting them out, and chewing and swallowing. This is how she tries new foods and shouldn't be considered bad manners.
- 4 Serve new foods when your toddler is hungry and well rested. Full, sleepy, or over-tired children aren't excited about trying anything new.
- 5 Offer foods with different textures for your toddler to experience.
- 6 Understand that your toddler's appetite may vary from meal to meal and day to day, just like your's does.
- 7 Accept your toddler's unusual, and often unappealing, food preferences, like broccoli dipped in ketchup or sliced carrots dunked in milk. This is part of the learning process and is perfectly normal, so don't be concerned.
- 8 When she refuses a meal, just clear her plate and feed her at the next scheduled meal or snack; don't create a new meal for her or become a short-order cook. Move rejected foods off the plate or tray without saying anything so rejecting food does not become a game or a way of getting your attention.
- 9 Serve the same new food again on another day, and keep trying, without making a big deal out of it. Repeated exposure to foods is the best way to get children comfortable with them.
- 10 Don't get into feeding feuds with your toddler, and pay as little attention to tantrums as possible.



YOUR TODDLER IS EATING MANY DIFFERENT FOODS NOW.

Drinking from a cup and feeding with a spoon are getting easier, although fingers still are a favorite utensil. Limit fluids to whole milk (sixteen ounces a day), water, and 100% juice (four to six ounces a day). Avoid serving foods and beverages that don't offer much nutrition, like chips, fries, or soft drinks.

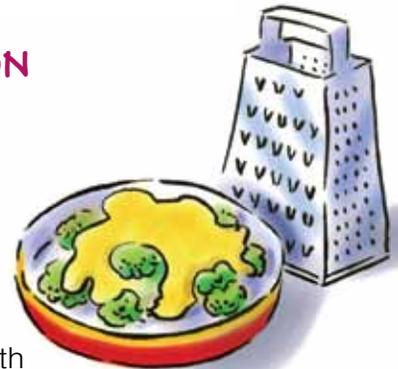
Feed your toddler a healthy meal or snack about every two or three hours. Her stomach is only as big as her fist and cannot hold much at one time.

Snacks are mini-meals, so choose wisely. Combine two or three different foods, like oat cereal with milk, cheese and apple slices on whole-wheat crackers, or cooked vegetables with a yogurt dip.



HERE ARE SNACK IDEAS TO TRY, IN ADDITION TO THE FOODS YOUR CHILD ALREADY EATS:

- Cooked vegetables topped with melted grated cheese
- Whole-grain waffle or pancake topped with a dollop of yogurt



- Fun-shaped whole-wheat pasta, like spirals, served with cooked or canned chickpeas
- Smoothie made with milk and frozen banana, or milk and frozen peach slices
- Cooked, cooled couscous decorated with diced, dried fruit "jewels"
- Unsweetened applesauce sprinkled with breakfast cereal
- Homemade frozen yogurt pop (freeze yogurt in small paper cups with a popsicle stick "handle")
- Calcium-fortified cottage cheese sprinkled with chopped fruit
 - Steamed, cooled tofu cubes plus cooked broccoli florets
 - Chunky vegetable soup plus half a small pita



- Mini-burger patty (beef, turkey, or vegetarian) on half a small bun
- Slice of turkey breast rolled in a small tortilla

A FEW WORDS ABOUT FEEDING SAFETY

- Keep scissors, kitchen knives, and other sharp objects in a safe place.
- Continue to avoid nuts, especially peanuts, and foods that are choking hazards, like whole grapes, hard candies, and hot dogs.

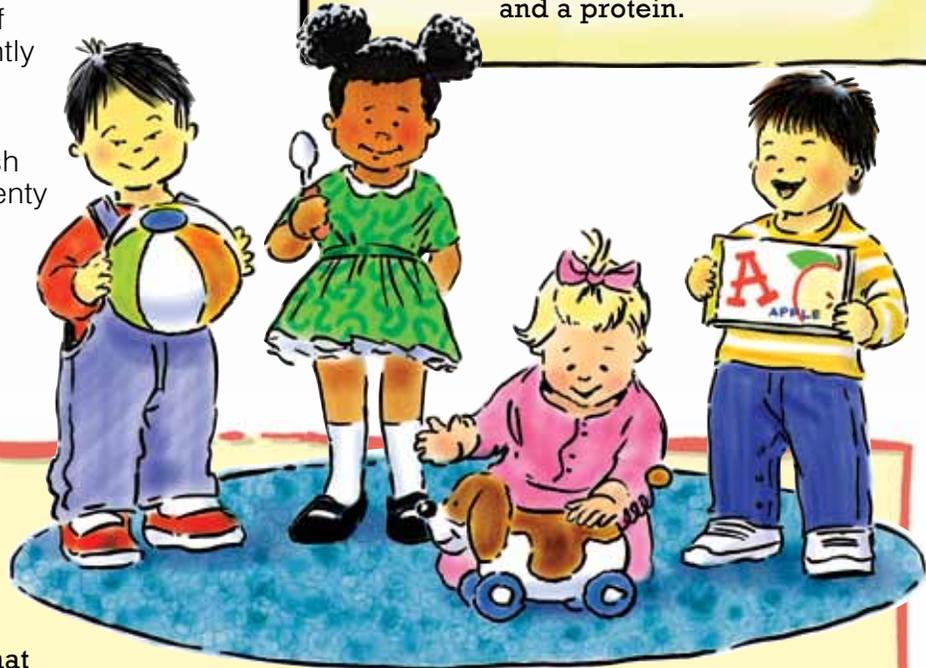
NOW WOULD BE A GOOD TIME TO...

- Talk with your doctor if your toddler consistently mouths and eats non-food objects.
- Help your toddler brush her own teeth, with plenty of help from you.

PORTION GUIDE



Your toddler's growth rate and appetite have slowed down even more. Expect your toddler to eat just one full meal a day, along with smaller meals and snacks. Don't push food, especially when your toddler doesn't want to eat. Help him learn to listen to his appetite as a way to help prevent overeating and excess weight gain. Continue to start with just a few tablespoons of each food, offering more if he is still hungry. A balanced meal includes milk, fruit, a vegetable, a grain, and a protein.



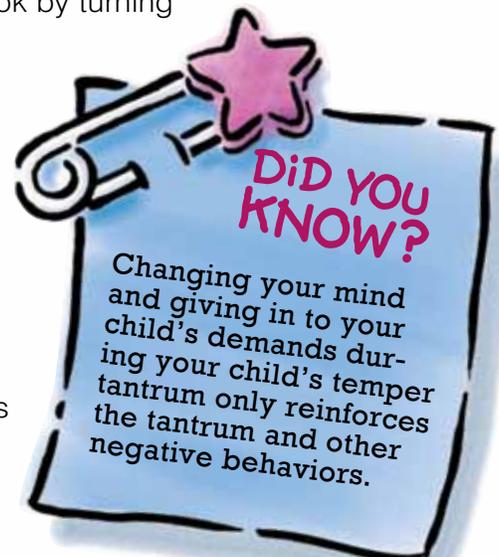
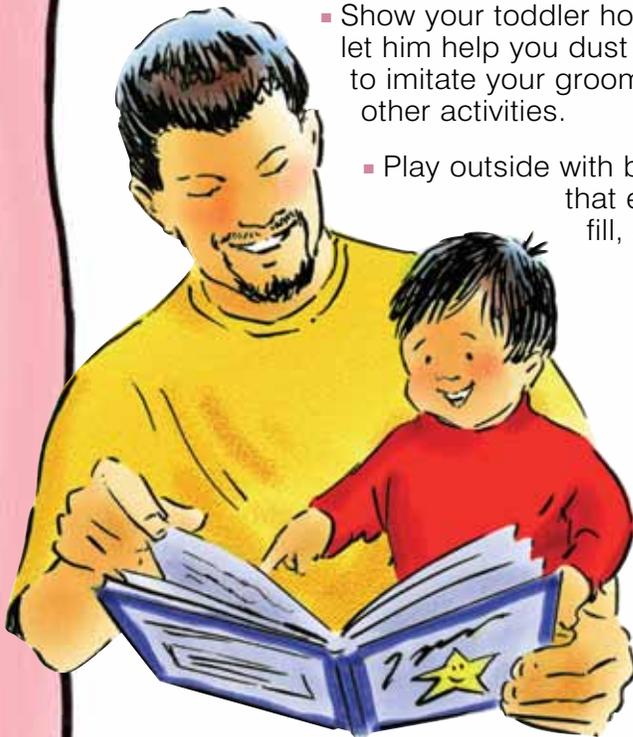
HELPFUL HINTS

- Keep in mind that during teething your toddler might not feel like eating much at all and he may prefer just to drink.
- Stick with the same meal, snack, nap, and activity routines whenever you can. Kids like having a predictable schedule.
- Keep in mind that most toddlers go through a "picky eating" phase. Just continue to offer foods you choose, and don't react by giving in and offering different foods! Let your child try foods and learn to like them on his own schedule.
- Reward children with praise, time, and attention, rather than with certain foods or small gifts.

YOUR TODDLER TRULY IS ON THE GO NOW! HE WALKS FASTER AND MORE CONFIDENTLY, AND MAY EVEN RUN A BIT.

With better balance and coordination, he doesn't topple over as often. You'll notice lots more coordination in his hands and fingers, too. He tries to scribble with crayons, throws and rolls things, and drops spoons off the high chair, partly to see how many times you'll pick them up! He is beginning to develop the coordination to place things down instead of dropping them. Every new skill brings a new sense of accomplishment!

- Set aside at least 60 minutes daily for activities like taking a walk, playing with balls, visiting a playground, or dancing, along with lots of unstructured playtime. Kids especially love to play outside!
- Sing active follow-along songs like pop-goes-the-weasel and ring-around-the-rosy.
- Show your toddler how to brush his hair, and let him help you dust and sweep. He loves to imitate your grooming habits and other activities.
- Play outside with balls, a baby doll stroller, big trucks, and other toys that encourage movement. Toddlers love to push, pull, fill, and dump out.
- Once or twice a day, read with your toddler. Choose picture books with objects to name and describe, like animals, cars, and cartoon characters, and pop-up books that can withstand the grabbing of a 15-month-old. Let your baby "play" with the book by turning the pages and pointing to things on the page.
- Do not allow toddlers under two years of age to watch television or videos. Playing with other toddlers, adults, and caregivers helps develop social skills and stimulates activity and creativity. Choose activities like going to the park, coloring, blowing and chasing bubbles, or playing music with child-size instruments like drums, whistles, and shakers.



BEING a ROLE MODEL

Young children learn by watching the people closest to them – their parents. You are a role model in practically everything you do.

MEALTIME

- Plan and eat your meals and snacks in a way that sets an example for your toddler, like eating only at the table and limiting the amount of sweets you eat.
- Include different types of foods on your plate – for example, a variety of vegetables and fruits. Children who see their parents eating a variety of foods may be more likely to try them, as long as the child does not feel pressured.
- Use proper table manners like eating slowly, not talking with your mouth full of food, and using utensils properly.

PLAYTIME

- Make physical activity a part of your personal daily routine, whether taking a walk with your toddler, attending a scheduled exercise class, or working out to a home video.
- Play actively and creatively with your toddler – create and crawl through an obstacle course, imitate animals, dance. Include plenty of unstructured active time.
- Minimize your television, video, and computer time when your toddler is awake.
- Remember children at this age love to mimic what they see. Set a good example for your toddler, and you'll be thrilled at how she imitates you.



Always talk with your baby's doctor when you have questions about your baby's growth, development, and overall health. Ask which situations should prompt an immediate phone call, a visit to the office, or a trip to the emergency room.

The Dannon Institute is a non-profit foundation dedicated to promoting research, education, and communication about the link between nutrition and good health. "Growing Leaps and Bounds™" was created to help build a solid foundation of healthy eating and activity for your child, now and for the future. The Dannon Institute is supported by The Dannon Company, Inc.

Special thanks to the following professionals for their contributions: *Johanna Dwyer, D.Dc., R.D.*, Friedman School of Nutrition Science and Policy and School of Medicine, Tufts University, and Frances Stern Nutrition Center, Tufts-New England Medical Center, Jean Mayer USDA Human Nutrition Research Center at Tufts University; *Susan Johnson, Ph.D.*, University of Colorado Denver; *Allen Levine, Ph.D.*, University of Minnesota; *Barbara Schneeman, Ph.D.*, University of California at Davis; *Virginia A. Stallings, M.D.*, The Children's Hospital of Philadelphia and University of Pennsylvania; *Lori Stark, Ph.D., A.B.P.P.*, Cincinnati Children's Hospital Medical Center/University of Cincinnati College of Medicine; *Margarita Treuth, Ph.D.*, University of Maryland Eastern Shore.



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