



TODDLER MEALTIME MANGEMENT

The One-Year-Old Child (12-24 months)

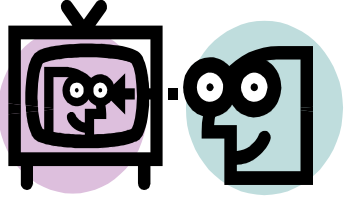

Child's Developmental Stage	Common Mealtime Behaviors	Caregiver's Mealtime Strategies
Curious – Watches and explores	<ul style="list-style-type: none"> • May dump or throw food to see what happens. 	<ul style="list-style-type: none"> • Set positive limits at the table, such as “Put the food in your mouth.”
Uses fingers to feed self	<ul style="list-style-type: none"> • May make a mess or be viewed as playing with food. <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Allow for messy mealtimes by having surfaces that you are able to clean. • Provide finger foods. • Have your child sit at the table while eating.
Doesn't like new situations	<ul style="list-style-type: none"> • May be afraid of new foods or new meal-related situations. 	<ul style="list-style-type: none"> • Offer a new food up to 20 times without fuss. • Add new foods into family meals. • Have regular mealtimes and snacks.
Eating often slows down	<ul style="list-style-type: none"> • May not eat as much or as often as before and is easily distracted. <div style="text-align: center;">  </div>	<ul style="list-style-type: none"> • Serve small portions. • Allow your child to decide if and how much food to eat. • Have your child sit at the table while eating. • Permit your child to leave the table when full. • Turn off the TV during meals.
Says two or three words	<ul style="list-style-type: none"> • Can't tell you about food likes 	<ul style="list-style-type: none"> • Watch your child's face and body to see what he or she wants. • Eat and talk with your child. • Make mealtimes pleasant.

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TODDLER MEALTIME MANGEMENT

The Two-Year-Old Child (24-36 months)

Child's Developmental Stage	Common Mealtime Behaviors	Caregiver's Mealtime Strategies
Short attention span-watches many things 	<ul style="list-style-type: none"> • May not eat if distracted. • Often wants to leave the table shortly after sitting down. • Has a hard time waiting for food if hungry. 	<ul style="list-style-type: none"> • Turn off the TV during meals. • Plan meals and snacks at regular times during the day. • Make mealtimes a pleasant, social experience. • Have your child sit at the table while eating. • Permit your child to leave the table when he or she is full.
Can use spoon and cup fairly well	<ul style="list-style-type: none"> • Has better use of spoons, forks, and cups, but still may be a messy eater. • Has trouble pouring and cutting. 	<ul style="list-style-type: none"> • Provide small spoons, forks, and cups that won't break. • Fill cups half-full or less. • Expect messiness during mealtimes
Independent—often says “no!”	<ul style="list-style-type: none"> • May refuse food. 	<ul style="list-style-type: none"> • Allow your child to decide if and how much food to eat. • Avoid power struggles. • Continue to offer new foods and encourage tasting.
May have food jags (picky eater)	<ul style="list-style-type: none"> • Children often have times when they only eat one food. For example, they may want only cereal for a while, then just fruit and cheese. 	<ul style="list-style-type: none"> • Do not worry, if your child is growing. • Offer many nutritious foods and allow your child to select what to eat. • Do not prepare special foods for your child.
Says short phrases-“more juice”	<ul style="list-style-type: none"> • Able to talk a little better, but still has some trouble. 	<ul style="list-style-type: none"> • Watch your child's face and body to see what he or she wants.

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