

# Tips for feeding your toddler

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**The parent's job in feeding** is to choose the food, get meals on the table, and eat with him or her. Don't ask the child what he wants and don't get too pushy.

**The child's job** is to eat or not eat. Put him in a booster chair or high chair and lay something on the floor to catch spills and let him join in with the family meal. He can eat most foods other people eat.

- Have meals. Have them about the same times every day. Give sit-down snacks at set times.
  - Don't wait for the child to say "I'm hungry" before you offer meals and snacks.
  - Don't let him eat on the run, or eat or have drinks all the time.
- Sit with your child and eat your own food. Talk and listen. Be good company.
  - Don't feed him instead of eating with him.
  - Don't ignore him. Don't make him the center of attention.
  - Don't watch TV at mealtimes.
- Dish out 1 or 2 tablespoons of each food. Let him have more of any food if he wants.
  - Don't give him a lot or not enough.
  - Don't make him eat one food before he can have another.
- Let your child eat this way: fast or slow, much or little, spoon or fingers, 1 or 2 foods.
  - Don't hurry him up.
  - Don't pile and arrange his food.
  - Don't give him dessert or a toy to make him eat.
- Teach him to behave so you can have a nice meal. Excuse him when he is done.
  - Don't put up with bad behavior or make him stay at the table in hopes he will eat.
- Give him lots of chances to try new food at different meals on different days. It can take up to 12 to 15 exposures to a new food before a child may decide to eat it.
  - Don't stop making food he doesn't eat right away.