



TODDLER NUTRITION (ages 1 - 3 years)

From <http://www.childrens.com/HealthLibrary/HealthLibContent.cfm?pageid=P02291>

The toddler phase can often be challenging when it comes to feeding. Several developmental changes occur at this time. Toddlers are striving for independence and control. Their growth rate slows down and with this comes a decrease in appetite. These changes can make meal time difficult. It is important for parents to provide structure and set limits for the toddler. The following are suggestions to help manage mealtimes so that the toddler gets the nutrition he/she needs:

- Avoid battles over food and meals.
- Provide regular meals and snacks.
- Be flexible with food acceptance as toddlers are often afraid of new things.
- Be realistic about food amounts. Portion size should be about one-fourth the size of an adult portion.
- Limit juice intake to about 4 to 6 ounces per day.
- Dessert should not be used as a reward. Try serving it with the rest of the food.
- Make the food easy for your toddler to eat:
 - Cut food into bite-sized pieces.
 - Make some foods soft and moist.
 - Serve foods near room temperature.
 - Use ground meat instead of steak or chops.
 - Use a child-sized spoon and fork with dull prongs.
- Seat your child at a comfortable height in a secure chair.
- Prevent choking by:
 - slowly adding more difficult-to-chew foods.
 - avoiding foods that are hard to chew and/or swallow such as nuts, raw carrots, gum drops, jelly beans, and peanut butter (by itself).
 - modifying high-risk foods: cut hot dogs in quarters, cut grapes in quarters, and cook carrots until soft.
 - always supervising your child when he/she is eating.
 - keeping your child seated while eating.

PRESCHOOLER NUTRITION (ages 4 - 5 years)

From <http://www.childrens.com/HealthLibrary/HealthLibContent.cfm?pageid=P02273>

Preschool-aged children are still developing their eating habits and need encouragement to eat healthy meals and snacks. These children are eager to learn, especially from other people and will often imitate eating behaviors of adults. They need supervision at mealtime as they are still working on chewing and swallowing skills.

The following are some helpful mealtime hints for preschool-aged children:

- Prepare meals, provide regularly scheduled snacks, and limit unplanned eating.
- Poor behavior at mealtime should not be allowed. Focus on eating, not playing with food or playing at the dinner table.
- Keep offering a variety of foods. Have the attitude that, sooner or later, your child will learn to eat most all foods.
- Make mealtime as pleasant as possible. Do not put pressure on your child to eat, or force your child to "clean" his/her plate. This may lead overeating which can cause your child to gain too much weight. Children will be hungry at mealtime if snacks have been limited during the day.
- Provide examples of healthy eating habits. Preschoolers mimic what they see their parents doing. If you have unhealthy eating habits, your child will not learn to eat healthy.

PICKY EATERS

Picky eating is a typical behavior for many preschoolers. It is simply another step in the process of growing up and becoming independent. As long as your preschooler is healthy, growing normally, and has plenty of energy, he or she is most likely getting needed nutrients. If you are concerned that your child's picky eating has lasted for a long time or is very restrictive, speak with your child's doctor.

There are many **types of picky eating behaviors**. Children often want to explore food rather than eat it. Many children will show one or more of the following behaviors during the preschool years. In most cases, these will go away with time.

- Your child may be unwilling to try new foods, especially fruits and vegetables. It is normal for your preschooler to prefer familiar foods and be afraid to try new things.
- For a period of time, your preschooler may only eat a certain type of food. Your child may choose 1 or 2 foods he or she likes and refuse to eat anything else.
- Sometimes your child may waste time at the table and seem interested in doing anything but eating.
- Your child may refuse a food based on a certain color or texture. For example, He or she could refuse foods that are red or green, contain seeds, or are squishy.

How do I cope with picky eating? Picky eating is temporary. If you don't make it a big deal, it will usually end before school age. You can do many positive things to deal with picky eating and help your child learn to try new foods.

- Let your kids be “produce pickers.” Let them help pick out fruits and veggies at the store.
- Kids like to try foods they help make. It's a great idea for helping your picky eater try fruits and vegetables. Children also learn about fruits and vegetables when they help make them. And all of that mixing, mashing and measuring makes them want to taste what they are making.
- Try to make meals a stress-free time. Talk about fun and happy things. If meals are times for family arguments, your preschooler may learn unhealthy attitudes toward food.
- Offer choices. Rather than ask "Do you want broccoli for dinner?" ask “Which would you like for dinner: broccoli or cauliflower?”
- Offer a variety of foods and let your child choose how much of these foods to eat.
- Offer the same foods for the whole family. Don't be a “short-order cook,” making a different meal for your preschooler. Your child will be okay even if they don't eat a meal now and then.
- Make food fun!

Having your preschooler help you in the kitchen is a good way to get your child to try new foods. Kids feel good about doing something “grown-up.” Give them small jobs to do. Praise their efforts. Children are much less likely to reject foods that they helped make. As preschoolers grow, they are able to help out with different tasks in the kitchen. While the following suggestions are typical, children may develop these skills at different ages

At 2 years:

- Wipe tables
- Hand items to adult to put away (such as after grocery shopping)
- Place things in trash
- Tear lettuce or greens
- Help “read” a cookbook by turning the pages
- Make “faces” out of pieces of fruits and vegetables
- Rinse vegetables or fruits
- Snap green beans

At 3 years:

All that a 2 year old can do, plus:

- Add ingredients
- Talk about cooking
- Scoop or mash potatoes
- Squeeze citrus fruits
- Stir pancake batter
- Knead and shape dough
- Name and count foods
- Help assemble a pizza

At 4 years:

All that a 3 year old can do, plus:

- Peel eggs and some fruits, such as oranges and bananas
- Set the table
- Crack eggs
- Help measure dry ingredients
- Help make sandwiches and tossed salads

At 5 years:

All that a 4 year old can do, plus:

- Measure liquids
- Cut soft fruits with a dull knife
- Use an egg beater

Here are some tips on how to get your preschooler to try new foods:

- Sometimes, new foods take time. Kids don't always take to new foods right away. Offer new foods many times. It may take up to a dozen tries for a child to accept a new food.
- Small portions, big benefits. Let your kids try small portions of new foods that you enjoy. Give them a small taste at first and be patient with them. When they develop a taste for many types of foods, it's easier to plan family meals.
- Be a good role model by trying new foods yourself. Describe its taste, texture, and smell.
- Offer only one new food at a time. Serve something that you know your child likes along with the new food. Offering too many new foods all at once could be overwhelming.
- Offer new foods first, at the beginning of a meal, when your child is the most hungry.
- Serve food plain if that is important to your preschooler. For example, instead of a macaroni casserole, try meatballs, pasta, and a vegetable. Also, to keep the different foods separate, try plates with sections. For some kids the opposite works and serving a new food mixed in with a familiar item is helpful.

NUTRITIOUS LUNCH IDEAS

From <http://www.laptoplunches.com/ideas.html#bored>

Don't forget about **LEFTOVERS!** Packing leftovers in your child's lunch can save you time and energy, and kids love them. When you're deciding what to cook for dinner, think about how you might incorporate leftovers into a lunch for the following day. Make a few extra servings for dinner and set them aside for the next day's lunch. Here are a few ideas for making it work:

- If you make chicken breasts, prepare an extra serving and slice it for sandwiches the next day instead of purchasing deli lunch meat.
- If you're making a salad for dinner, slice some extra vegetables, such as cucumbers, carrots, bell peppers, and celery, or make an extra undressed salad .
- While you're making dinner, boil a few eggs. Pack the eggs whole, make deviled eggs, or use them in egg salad.
- Make extra pasta, couscous, or rice and make side salads for lunch by cutting up vegetables and adding salad dressing.
- Grill extra vegetables and use them in sandwiches.
- Make an extra baked potato and pack it with nutritious toppings.

Try some of these **SANDWICH FILLINGS** in whole-wheat pocket bread, on whole-grain bread, bagels, crackers, English muffins, rice cakes or rolls, or try filling and rolling tortillas or flat bread.

- Cheese, avocado, and sprouts
- Grilled cheese with cucumber or sprouts
- Leftover grilled vegetables (bell peppers, onions, mushrooms, eggplant, zucchini) with sliced cheese, goat cheese, or pesto sauce
- Cheddar or mozzarella cheese with apple slices
- Brie cheese with mustard and sprouts
- Cheese, tomato, sprouts or lettuce, and pesto sauce
- Leftover turkey loaf with tomatoes, and lettuce or sprouts
- Sliced leftover chicken or turkey, cranberry sauce, and lettuce
- Sliced leftover chicken or turkey, honey mustard, tomatoes, and lettuce or sprouts
- Sliced leftover beef with mayonnaise or horseradish, sliced tomato and cucumbers
- Chicken salad made with celery, lettuce, and tomato
- Tuna/cucumber/green pepper salad with tomato
- Salmon salad with lettuce or sprouts
- Shrimp salad with lettuce or sprouts
- Lowfat cream cheese, and smoked salmon (with tomato, and red onion)

Here's a list of healthy lunch foods. Mix and match to see what combinations you can come up with. Share the list with your children and ask them to choose which foods they'd like to take to school. Reduce your work load by encouraging older children to pack their own lunches. Make sure you have plenty of choices on hand for them to choose from each day.

Breads	Spreads & Condiments	Fillings	Fruits (Dried and Fresh)	
bagel	almond butter	carrots	apples	grapefruit
baguette	apple butter	(shredded)	apricots	grapes
bread	avocado (mashed)	cheese	Asian	kiwi
sticks	banana (mashed)	(lite/low-fat)	pears	melon
crackers	brie cheese	chicken	avocado	nectarines
English muffin	cashew butter	chicken	bananas	orange
focaccia	cream cheese	chicken	blueberries	sections
lavash	(lowfat)	salad	cherries	peaches
bread	goat cheese	egg salad	cranberries	pineapple
pita	honey	hard	(dried)	plums
bread	hummus	boiled egg	dates	raspberries
bread	jam (spreadable fruit)	nitrite-free	figs	strawberries
pizza	ketchup	hot dogs	mango	tomatoes
bread	mayonnaise/mustard	lettuce	papaya	
rice cakes	peanut butter	shrimp	pears	
rolls	pesto	salad	prunes	
sandwich bread	pizza or tomato sauce	sliced	raisins	
tortillas	pumpkin butter	avocado		
		sliced		
		cucumber		
		smoked		
		salmon		
		sprouts		
		tofu		
		tuna salad		

Vegetables		Treats	Other	Other Grains
asparagus	lettuce		baked	pasta
beets	mushrooms		tofu	rice
bell	seaweed	apple crisp	bean	couscous
peppers	(nori, wakame, hijiki)	applesauce	burrito	oatmeal
bok choy	shelling	baked	cottage	bulghar
broccoli	peas	chips with	cheese	
Brussels	snap peas	salsa	with	
sprouts	soy beans	dried fruit	fruit	
cabbage	(edamame)	fruit bar	garlic	
carrots	spinach	fruit	toast	
cauliflower	squash	leather	polenta	
celery	sweet	granola	with	
cucumbers	potatoes	homemade	pizza	
eggplant	yams	cookies	sauce	
green	zucchini	notes from	and	
beans		home	cheese	
green salad		popcorn		
		pretzels		
		stickers		
		trail mix		
		vanilla		
		yogurt		
		with fruit		



UPCOMING PARENT EDUCATION OPPORTUNITIES AROUND DFW

Baylor Carrollton

<http://www.baylorhealth.com/PhysiciansLocations/Carrollton/Pages/ClassorEventatCarrollton.aspx>

Texas Health Plano – Classes include baby care, childbirth, grandparenting, car seat safety, pediatric and adult CPR, moms group

http://www.texashealth.org/body_secure.cfm?id=562&oTopID=562

Salesmanship Club - Various Parenting Classes offered:

- Parents Empowering Preschoolers
- Teen & Young Adult Parenting Class Series
- Love & Logic®
- Early Childhood Parenting Series
- Parenting Children with ADHD
- School 101

http://www.salesmanshipclub.org/parent_education.aspx

Lewisville ISD – CPR Classes and other adult education programs

<http://www.lisd.net/commed/index.htm>

Carrollton Farmers-Branch ISD - Community Education

<http://www.cfbisd.edu/pages/studentsSTSparentEducation.cfm?object=132&folderID=10&action=files>

City of Carrollton – Leisure Connections – <https://www.cityofcarrollton.com/index.aspx?page=378>

Love and Logic One Day Seminars – www.loveandlogic.com