



## Successful Child Feeding

You are responsible for *what, when and where*. Your child is responsible for *how much and whether*.

### Parents' Feeding Jobs

Choose and prepare a variety of foods: Don't cook a separate meal for your child

Provide regular meals and snacks: No grazing on food or beverages between meals or snacks

Make eating times pleasant and enjoyable

Don't give up. It takes time for your child to learn to like foods

### Children's Eating Jobs

Children will eat

They will eat the amount they need

They will learn to eat the food their parents eat

They will grow predictably

They will learn to behave well at the table

### *Trust Each Other*

If parents do their jobs with *feeding*, children will do their jobs with *eating*.



## Making Meals Fun:

- ◆ Sit down and enjoy each other.
- ◆ Share positive things that happened that day.
- ◆ Keep television, games, and phones out of meal time.



## Kids love to help cook!

### Here are some ways they can help:

- ◆ Wash fruit or vegetables
- ◆ Rinse dried beans or rice
- ◆ Measure pasta, cereal, or milk
- ◆ Mash avocados with tomatoes
- ◆ Mix oatmeal with water or milk
- ◆ Toss fresh salads with olive oil and lemon
- ◆ Crumble low-fat cheese on eggs



## Toddler Recipe:

### Peanut Butter Banana Spirals

#### Ingredients:

- 3 tablespoons vanilla low-fat yogurt
- 2 tablespoons peanut butter
- 1.5 teaspoons orange juice
- 1 small banana, peeled
- 1 (8-inch) whole-wheat flour tortilla
- Dash of ground cinnamon

#### Directions:

1. Combine yogurt and peanut butter, stirring until smooth. Drizzle orange juice over banana slices, tossing gently to coat.
2. Spread peanut butter mixture over tortilla, leaving a 1/2-inch border. Arrange banana slices, in a single layer, over peanut butter mixture. Sprinkle cinnamon. Roll up tortilla. Cut into 3 pieces.

*Your toddler can arrange banana slices, sprinkle the cinnamon and help roll!*