



Are you worried that your toddler is refusing to try new foods? At “**terrible two’s age**”, your once hungry child may now become a fussy eater. Don’t worry, as this is

- A normal part of development, affecting about a third of all toddlers
- A way your child asserts her independence and shows her feeling

Did You know: Weaning late makes Fussy eaters

A British study (Coulthard, 2009) showed that children who were introduced to lumpy foods that require chewing between 6 and 9 months of age:

- Ate a larger repertoire of foods, including fruits and vegetables
- Were less likely to be fussy with their food than the ‘delayed’ children (those fed lumpy foods after 9 months old)

© Some strategies to manage fussy eater:

Don’t:

- Feel resentful
- Make a fuss, nag or scream
- Force feed your child
- Run after your child with food
- Feed your child in front of TV
- Bribe with sweets or chocolates
- Punish him for not eating a particular food

Instead:

- Keep calm, don’t react
- Offer a variety of healthy foods from same food groups for your child to choose from. Eg If he dislikes papaya, he may enjoy apple
- Offer a healthy snack a little later if he did not eat much at the main meal



Remember

- Encourage self feeding at the table
- Offer food in small portion
- Present food creatively. Eg in interesting colors and shapes
- Make meal time fun and engaging
- Praise him when he tries a new food
- Allow him to stop eating when he is full

© The “5Ts” approach to tackling finicky eating behaviors:

1



Taste

Find out what your child's taste preferences are. Include more meals in that flavor.

2



Texture

Explore different textures eg. Crunchy, chewy in your child's meal.

3



Temperature

For a change, offer some cold foods like cucumber or cold fruit milkshake

4



Timing

Space meals and snacks well. Discourage snacking close to meal times.

5



Team Work

Involve your child in grocery shopping, meal planning / preparation, vegetable growing to increase her interest in food.

IMPORTANT INFORMATION

Breast milk is the best food for babies as it is the sole source of nutrition for the first 6 months of life and is recommended to be continued until 2 years, with introduction to appropriate complementary foods after 6 months of age.

A. Following are the details of advantages, as also nutritional superiority of breast-feeding :

- i) Immediately after delivery, breast milk is yellowish and sticky. This milk is called as Colostrum, which is secreted during the first week of delivery. Colostrum is more nutritious than that of mature milk because it contains more protein, more anti-infective properties which are of great importance for the infant's defence against dangerous neo-natal infections. It also contains higher level of Vitamin 'A';
- ii) Breast Milk -
 - a) Is a complete and balanced food that provides all the nutrients needed by the infant (for the first six months of life);
 - b) Has anti-infective properties that protect the infants from infection the early months;
 - c) Is always available;
 - d) Needs no utensils or water (which might carry germs) or fuel its preparations;
- iii) Breast-feeding is much cheaper than feeding infant milk substitutes as the cost of the extra food needed by the mother is negligible compared to the cost of feeding infant milk substitutes;
- iv) Mothers who breast-feed usually have longer periods of infertility after child birth than non-lactators;

B. Details of management of breast-feeding, are as under :

- i) Breast-feeding-
 - a) Immediately after delivery enables the contraction of the womb and helps the mother to regain her figure quickly;
 - b) Is successful when the infant suckles frequently and the mother wanting to breast-feed is confident in her ability to do so;
- ii) In order to promote and support breast-feeding the mother's natural desire to breast-feed should always be encouraged by giving, where needed, practical advice and making sure that she has the support of her relatives;
- iii) Adequate care for the breast and nipples should be taken during pregnancy;
- iv) It is also necessary to put the infant to the breast as soon as possible after delivery;
- v) Let the mother and the infant stay together after the delivery, the mother and her infant should be allowed to stay together (in the hospital, this is called "rooming-in");
- vi) Give the infant Colostrum as it is rich in many nutrients and its anti-infective factors protect the infants from infections during the few days of its birth;
- vii) The practise of discarding Colostrum and giving sugar water, honey water, butter or other concoctions instead of Colostrum should be very strongly discouraged;
- viii) Let the infants suckle on demand;
- ix) Every effort should be made to breast-feed the infants whenever they cry;
- x) Mother should keep her body and clothes and that of the infant always neat and clean,