

# QUICK TODDLER FEEDING TIPS FOR PARENTS

Toddlerhood  
series



- Encourage good eating habits and serve 4 to 6 nutritious meals a day.
- Make mealtimes fun and enjoyable: Cut food into cute shapes and give them names of cartoon character your child can relate to.
- Present a few healthy food items to your child and let him choose which ones, and how much. In this way, he will feel in control, but you will accomplish your goal of getting him to eat healthfully without any fuss.
- Eat with your child and let her try new foods from your plate as she may think that your food tastes better than hers. You can entice her to eat by putting her food on your plate.
- Ensure that the snacks your child consumes are nutritious most of the times.
- Schedule fun activities before and not after mealtimes. This way child is more attentive during meals and will not rush through meals.



**Prevent choking by making sure that an adult is present whenever your child is eating.**

## ⦿ Avoid these food and non-food items:

### Food:

- Small, hard foods e.g. whole nuts, seeds, pieces of dried fruits, popcorn, raw carrot and raisins.
- Slippery foods, e.g. whole grapes, candy, large pieces of meat.
- Sticky foods, e.g. peanut butter, which if offered from a spoon, may get stuck in your child's throat and cause difficulty in breathing. Instead, offer it as a thin spread on small piece of bread.

### Nonfood

- Coin
- Pen tops
- Balloons
- Small balls and marbles



## 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,