

Parent Resource

Feeding & Nutrition

There are various of ways to introduce feedings to kids. With this article from Help Me Grow Orange County, there are tips and milestones that you may follow and may help determine what stage of eating kids may be at.

On the next few slides will be an excerpt of the article from the July 2020 Parent Newsletter from Help Me Grow Orange County





Help Me Grow
ORANGE COUNTY

Developments

Parent Newsletter

July 2020

Volume 9

Issue 3: Nutrition

Early Childhood Development:

Feeding and Nutrition

There is no right amount of food children need to grow. The amount of food is based on activity level, growth and how quickly they burn calories. Children should enjoy eating. Babies and children give signals when they are hungry. Facial expressions, vocalizations, and actions let us know if a child want to continue eating. It is important to watch that your child is growing according to his age and sex compared to other children his age. Parents also need to watch and listen to their child and recognize their his or her signals and understand their behavior. Some signals can have dual meaning. For example if a toddler pushes the spoon away it can mean that he is full, however it can also mean that he doesn't want to be fed and want to do it himself. As children's language improves, it becomes easier to understand what a child wants and desires.

Newborn babies are either breastfed or given formula. Their nutritional needs will be met through either form provided. They should be fed at least every two to three hours on demand. Most babies will complete their feeding within about 15-20 minutes. You can tell if a baby is getting enough milk if they are content and are gaining weight. In the first three months, babies typically gain 2/3 to 1 ounce per day. Most professionals, including the American Academy of Pediatrics, recommend that babies are breastfed whenever possible.

By a child's first birthday, they should be able to take in most table foods along with the rest of the family. He will still be sensitive to temperature and spices. Offering foods that are not heavily spiced, salted or sweetened allows the child to experience the natural taste of the foods and will make feeding easier in the future. Less milk will be needed since most of his nutritional needs will be met through solid foods. Often a toddler's appetite drops after his first birthday. His growth rate has decreased and doesn't require as much food. A toddler needs about 1000 calories a day to meet his need for energy, growth and nutrition. While this isn't that much food, it can be erratic and unpredictable. One day he may want more or less on any given day. Each meal can vary depending on how hungry he is feeling. Offer a selection of nutritious foods at each meal and let him choose what he wants. A toddler needs a variety of the basic nutrition groups the same as an adult; meat/fish/poultry/eggs, dairy, fruits & vegetables and cereal/grains/rice/breads/pasta. It is important to remember that good fats and cholesterol is important for growth during this time and should not be restricted.

Monthly Milestones: Watch Me Eat!

Children grow at different rates, however it is important to monitor their progress and be aware of milestones.

- At Birth:
 - Shows hunger by using voice, facial expressions and actions
 - Drinks breast milk or formula
- At 6 months:
 - Begins pureed foods with low allergy potential
 - Begins to eat with fingers
- At 8 - 9 months:
 - Eats plain cereals, meat and egg yolks
 - Feeds himself small pieces and strips of food
- At 1 year:
 - Begins whole cow's milk
- At 2 years:
 - Is independent (but messy) and uses a spoon and drinks from a cup
 - Growth slows and appetite drops
 - May suddenly refuse foods
 - Can switch to low fat or non-fat milk
 - Foods recommended daily:
 - ✦ 4 servings of milk/milk products
 - ✦ 2 servings of vegetables
 - ✦ 2 servings of fruits
 - ✦ 4 servings of grain
 - ✦ 4 servings of meat/beans

Monthly Milestones: Watch Me Eat! (continue...)

□ At 4 years:

- May dislike more meals than previously
- Rarely spills
- Is more influenced by TV and peers about food choices
- Foods recommended daily:
 - ✦ 5 servings of milk/milk products
 - ✦ 3 servings of vegetables
 - ✦ 3 servings of fruit
 - ✦ 4 servings of grain
 - ✦ 4 servings of meat/beans

□ At 5 years:

- Has fewer demands
- Will better cooperate with foods available
- Foods recommended daily:
 - ✦ 5 servings of milk/milk products
 - ✦ 3 servings of vegetables
 - ✦ 3 servings of fruit
 - ✦ 4 servings of grain
 - ✦ 4 servings of meat/beans

If you are ever concerned about your child's development, Help Me Grow can locate resources for your child.