

With a little planning, we can eat from the same menus and enjoy the same foods. Just cut mine into small bites to make them easy for me to eat.

## Lunch

grilled cheese sandwich  
vegetable soup  
sliced kiwi

## Breakfast

banana smoothie  
french toast

## Dinner

baked fish  
sweet potato oven fries  
mixed bean salad  
apple slices

You don't need to be a short-order cook. One meal for the whole family is just fine.

Let's try something new!

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Hi – It's me, your hungry toddler! Have you noticed? I love feeding myself! I also have a lot of new ideas about food that I didn't have as a baby. Relax, this is normal.

There are lots of ways you can help make mealtime easier for me, and a happy time for both of us. You're the best!

Thank you for taking such good care of me! I love you!



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To learn more about the Vermont WIC Program, other Vermont health programs, and for more about feeding your child, visit our website at [healthvermont.gov](http://healthvermont.gov) or call 800-464-4343. This institution is an equal opportunity provider.

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make mealtimes easy! eat with me!



Let's enjoy mealtime together. I learn so much about food when I eat with you.

Help me sit down to eat

- I eat better in a high chair or at a table. I eat poorly if you let me walk or run around with food.

It could get messy, so please be patient

- I am learning how to eat. This is a stage all kids go through. Good thing we're washable!

Let me do things for myself

- That's how I learn. I'm not a baby anymore, and I want to feed myself.

Praise me for the things I can do!

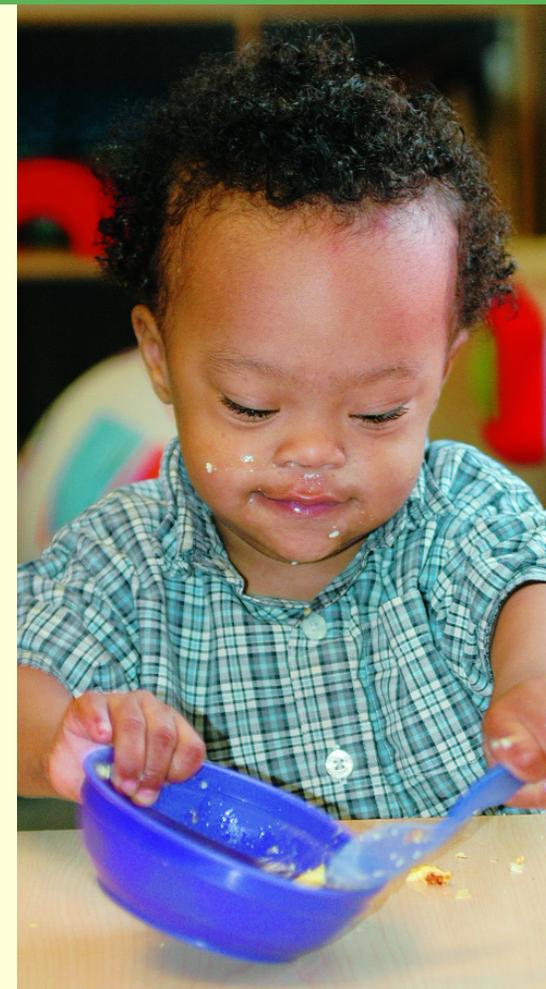
- Fingers still work best for some foods. I will be more likely to eat well if you don't mind how I do it.

It's important that you teach me to eat a variety of foods. I'll learn to eat what you like. Let's eat healthy together!



tips for happy mealtimes

- I won't eat if I'm not hungry. Please plan my snacks and drinks so that I am hungry at mealtime.
- I will eat better if you get me into a daily routine of meals and snacks. I feel safe when I can count on being fed at regular times.
- I need breakfast, lunch, dinner, and a snack between those meals.
- I'll eat the same foods as the rest of the family. You may need to cook my foods a little softer, cut them a little smaller, or take my portion out before you add hot spices.
- Serve me a few bites of each food. I will ask for more if I want it. Let me take food out of my mouth if I don't like it.
- Sometimes I won't eat at mealtime. This is normal at my age. When this happens, I will usually eat at the next snack time.
- Get me in the habit of drinking from a cup without a top.
- It's easier for me to eat if toys and TV are out of sight at mealtime.



I eat best when you let me do my job. My job is to decide two things: what to eat from the foods you put on my plate, and how much to eat. It's your job to plan, shop for, and make meals, then to decide what to offer me and when.