

your plate/my plate

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

slices of turkey & cheese
baked beans
cucumber slices

Breakfast

waffles topped with
raisins & apples
orange juice

Dinner

stir fry chicken with broccoli, carrots,
peppers & spinach
rice
sliced pineapple

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

Let's try something new!

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



Vermont Chapter

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What to Expect, Ages 1 & 2 years, December 2008

what to expect ages 1 & 2 years



Hi – It's me, your terrific toddler! Have you noticed? My eating habits are changing. Don't worry about how much I eat or if I refuse foods. I am just acting like most one to two year olds.

Here's what you can expect from me at this age, so we can all relax at mealtime. You're the best!



I eat small amounts

- I eat small amounts because I am growing more slowly now.
- I may only eat one food at a family meal. That's normal. You don't need to fix me something special.
- I may like to drink more than eat – but don't let me get away with this!
- I may eat more at breakfast, lunch, and snacks than at supper.
- For me, snacks are like mini-meals. Make mine healthy, please.

I take a long time to eat

- I am slow because I am learning a lot of new skills.
- Why rush? Let's enjoy this time together!
- When I am just playing with my food, you may have to say, "okay, the meal is over."



- Make sure I don't snack too close to mealtime. Give me water before meals if I want something to drink.
- Serve me small amounts, like 1 to 2 tablespoons of each food. I will ask for more if I want it.
- Make sure there is one food at each meal that I like.
- I may want the same food over and over again. Don't worry. I'll grow out of it.
- Give me choices and watch the magic! Ask me if I want to use the blue cup or the red one. Ask me if I want sweet potatoes or squash. Ask me if I want berries on my cereal or banana. I love choices!

I say "no!" to a lot of foods

- It may take 10 or 15 times of seeing a food and tasting it (and maybe spitting it out) before I will eat it. Let me refuse food I don't like.
- I won't eat foods that take too much chewing. Cut my foods in bite size pieces. Cut my meat into even smaller bites.



I eat better ...

- when mealtime is pleasant and I don't feel pressure to eat.
- when we eat together!
- when I can choose whether to use my fingers or a spoon.
- when I don't suck a bottle or drink from a sippy cup all day long.
- when I am not playing with toys or watching TV

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!