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.

**Breakfast**
- waffles topped with raisins & apples
- orange juice

**Lunch**
- slices of turkey & cheese
- baked beans
- cucumber slices

**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!

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.”

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!