

# NUTRITION ON YOUR OWN



SELF-PACED LESSON

## Growing Up From a Baby to a Toddler

At around 1 year old, your baby grows from an infant to a toddler. The way your baby eats will change during this period. Your baby might start:

- Trying to feed himself
- Holding and drinking from a cup
- Trying new foods

Think about feeding time with your child and answer the following:

1. My child has started eating soft table foods.  
 Yes     No
2. I offer my child three meals and two snacks each day.  
 Yes     No
3. I offer my child small amounts of food, about 1 to 2 tablespoons.  
 Yes     No
4. My child sits in a highchair at mealtimes.  
 Yes     No
5. I avoid giving my child the following foods: grapes, hot dogs, nuts, peanut butter, and hard candy.  
 Yes     No
6. I will wait until the next meal or snack time to offer him another food if my child does not want to eat.  
 Yes     No
7. I am patient when giving my child new foods.  
 Yes     No
8. My child drinks water with meals and at snack time.  
 Yes     No
9. We eat meals as a family.  
 Yes     No



IN THIS LESSON,  
WE'LL ANSWER THESE QUESTIONS:

- How will I know my baby is ready to start table foods?
- What are some helpful tips when giving my toddler new foods?
- What are some healthy habits I can teach my toddler?



**FOR EACH QUESTION YOU ANSWERED “YES” – GOOD JOB!**

These are great ways to help your child become a healthy eater.

**FOR ANY QUESTION WHICH YOU ANSWERED “NO,”**

read the tip below to help your child become a healthier eater.

**1. My child has started eating soft table foods.**

Here are some signs to look for to see if your child is ready for table foods:

- He can sit up on his own without support.
- He can pick up items with his finger and thumb.
- He can put things in his mouth using his hand.

**2. I offer my child three meals and two snacks each day.**

Toddlers have small stomachs and need healthy meals and snacks to give them energy during the day. It is good to offer breakfast, lunch, and dinner plus two or three healthy snacks at the same times each day.

**3. I offer my child small portions of food, about 1 to 2 tablespoons.**

Every child is different and you might notice your child eats more some days, and less on others.

- Start with small portions of soft, bite-sized pieces.
- Small portions are about 1 tablespoon and can go up to ¼ cup.
- Allow your child to ask for more if he is still hungry.

**4. My child sits in a highchair at mealtimes.**

Always place your child in a highchair or child seat for meals. Toddlers are busy playing and learning new things so this can cause them to be distracted at mealtimes. Allowing children to walk around with food can cause choking.

**5. I avoid giving my child the following foods: grapes, hot dogs, nuts, peanut butter, and hard candy.**

Children can choke while eating – especially babies and toddlers learning to eat solid foods. Do not give food to your child when he is lying down or walking around. Avoid foods that are hard, slippery, sticky, or round, such as hot dog pieces, grapes, nuts, peanut butter, and hard candy.

**6. I will wait until the next meal or snack time to offer another food if my child does not want to eat.**

If your child refuses to eat a meal do not make him a special meal. Instead, offer him food at the next meal or snack time. If you start offering him special foods every time he refuses to eat, this can lead to picky eating. Give it time, children will eat when they are hungry.

**7. I am patient when giving my child new foods.**

Most children do not eat new foods the first time they are offered. Be patient and try these tips:

- Toddlers change their tastes often. Be ready for daily changes.
- Offer new foods with some of your child's favorite foods.
- You may have to offer a new food 15 to 20 times before a child will try it.
- Offer a variety of colorful fruits and vegetables. This will keep meals exciting and give your child the nutrients he needs.

**8. My child drinks water with meals and at snack time.**

Water is the best drink to have with meals and snacks. Children like milk and juice because they are sweet but drinking too much milk or juice can make children feel full and eat less food at meal times. A 1 to 2 year old should drink up to 16 ounces of whole milk, and less than 4 ounces of 100% juice a day.

**9. We eat meals as a family.**

Your child loves to eat with you. Keep meal times fun and pleasant. Keep the focus on your family at meal times and turn off distractions like TV and phones. Your child learns new skills and healthy habits by watching you. Be a role model for your child by eating healthy foods in front of them!

**CONGRATULATIONS, YOU HAVE FINISHED! IF YOU HAVE ANY QUESTIONS ABOUT FEEDING YOUR TODDLER, PLEASE TALK TO YOUR WIC NUTRITIONIST OR DOCTOR.**



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