

Stress-free Feeding



The way you feed your child is just as important to his well-being as what he eats.

The way to begin stress-free feeding your child is to know that parents and children have their own jobs in feeding.

Stress-free Feeding



The way you feed your child is just as important as what he eats.



Feeding Babies: You Provide and They Decide

- You provide breast milk or infant formula.
- Your baby decides when and how much to have.

Your baby knows best when he is hungry and when he is full.

Your baby will tell you when he is ready to eat by giving you signs, including:

- Crying
- Fussing
- Making sucking motions with his mouth

Feeding Babies: You Provide and They Decide



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Feeding Toddlers and Preschoolers

Parent's Jobs (the three P's)

- **Plan** for positives.
- **Prepare** and put food on the table.
- **Provide** with patience.

Child's Jobs (the three C's)

- **Choose** to eat.
- **Choose** what to eat from what you serve.
- **Choose** how much to eat.

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Child's Jobs (the three C's)

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- **Choose** what to eat from what is served.
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Allow Your Child to be a Guest at Meals and Snacks

Following the three P's and three C's:

- Makes feeding your child less stressful.
- Establishes healthy mealtime behaviors.
- Creates positive mealtime settings.

Allow Your Child to be a Guest at Meals and Snacks



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- Establishes healthy mealtime behaviors.
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Planning Leads to Success

You Plan:

- What to buy and serve for meals and snacks.
- When and where you will have meals and snacks.
- What eating habits and traditions you want to pass on to your child.

Planning Leads to Success



- **Plan** what to buy and serve.
- **Plan** when and where you will eat.
- **Plan** what eating habits and traditions you want to pass on to your child.



Prepare Food and Serve it

- Your child decides what and how much he wants to eat from the foods you serve.
- Preparing and serving meals every day is not easy, but it is important.
- It may seem easier to pick up fast food. In reality, there are many quick meals you can make for your child that are healthier.

Prepare Food and Serve it



- Preparing and serving meals every day is not easy, but it is important.
- It may seem easier to pick up fast food, but there are many quick and healthy meals you can make for your child.



Feeding Babies: Provide With Patience

- Feed him breast milk or infant formula only.
- Hold him securely, making sure he can see your face.
- Be calm and pay close attention to him, but do not fuss with him too much.
- Let him feed until he stops or shows signs of needing to take a break.

Feeding Babies: Provide With Patience



- Feed him breast milk or infant formula only.
- Pay close attention to him.
- Be calm.
- Let him feed until he stops.



Supporting Older Babies

- Continue to provide breast milk or infant formula.
- Provide opportunities at meals and snacks for your baby to use a cup.
- Sit directly in front of your baby when you are spoon-feeding solids.
- Provide safe and appropriate solids. Introduce only one new food each week.
- Pay close attention to your baby's cues and go at his pace when feeding him.
- Present each food calmly and positively, even if it is a food you do not like.
- Allow your baby to be messy. Set up feeding area for messiness.
- Allow your baby to try feeding himself more as he is able.
- Sit and eat with your baby.

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- Provide opportunities for your baby to use a cup.
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Feeding Toddlers: Provide With Patience

- Seat your toddler securely at the table with you, or pull his high chair up to the table.
- Sit and eat with your toddler.
- Cut food into safe and small pieces he can handle.
- Allow your child to begin serving himself.
- Set limits. If your toddler throws food or pours milk on the floor, calmly end the meal for him. Also, ask him to help clean up.

Feeding Toddlers: Provide With Patience



- Seat your toddler securely.
- Allow your child to begin serving himself.
- Sit with your toddler and eat with him.
- Cut food into small pieces.



Feeding Preschoolers: Provide With Patience

- Turn off the TV, phone and radio.
- Sit and eat with your child modeling the behavior you want to see him perform.
- Calmly teach table manners. Remember, it takes time to develop these skills.
- Keep conversation pleasant.
- Serve your child a variety of healthy meals and snacks.

Feeding Preschoolers: Provide With Patience



- Turn off the TV, phone and radio.
- Sit and eat with your child.
- Keep conversation pleasant.





Children's[®]
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