



Feeding Infants

WIC

0-3 Months

Developmental Milestones

- Follows objects with eyes
- Starts gurgling
- Suck/swallow



4-6 Months

Developmental Milestones

- Can sit with support
- Good control of head & neck
- Can grab things and put them in mouth



7-9 Months

Developmental Milestones

- Can feed themselves finger foods
- Can sit by self
- Moves food to sides of mouth



10-12 Months

Developmental Milestones

- Can hold spoon but may need help feeding
- Drinks more from a covered cup



0-3 Months

Feeding

- Breast milk/formula only



4-6 Months

Feeding

- o Solid foods gradually incorporated
- o Semisolid foods
- o Rice cereal with iron
- o Pureed foods



7-9 Months

Feeding

- Mashed and soft fruits and vegetables
- Finger foods like pasta, teething crackers
- Introduce a cup



10-12 Months

Feeding

- o More table foods
- o Finger foods such as toasted bread
- o Can introduce juice
- o May start to use utensils



Foods to avoid

- o Honey
- o Cow's milk
- o Choking hazards
(candy, nuts, grapes)



Feeding Tips

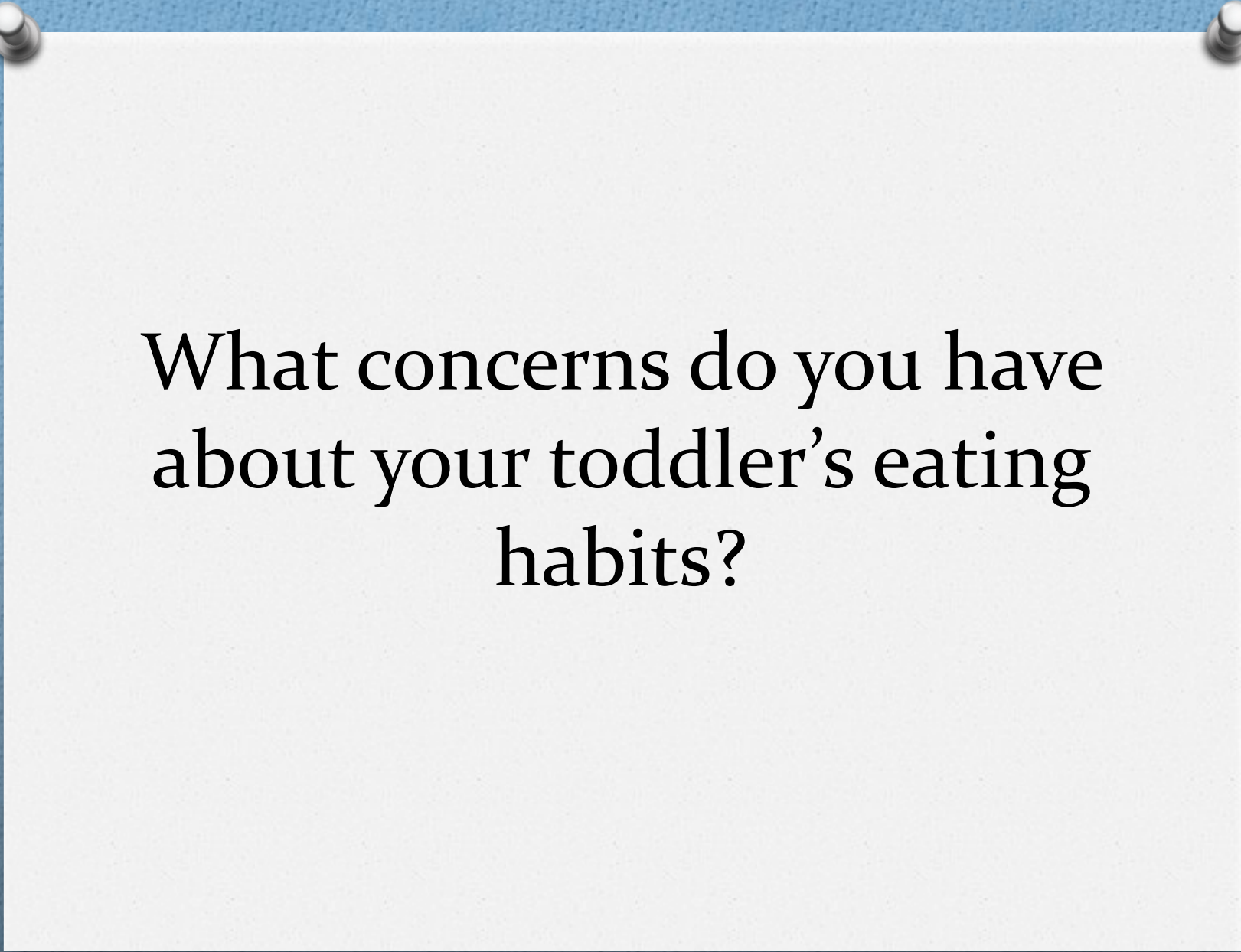
- o Active/playful, not tired
- o Let the infant choose the pace
- o Introduce one food at a time
- o Meals small & short
- o Proper position
- o Kid friendly utensils: shallow bowl, small spoon, covered cup





Feeding Toddlers

WIC



What concerns do you have
about your toddler's eating
habits?

What concerns do you have about your toddler's eating habits?



- **Picky**
- **Messy**
- **Sweet tooth**



“Look how big I am”



- Every month your toddler gains:
 - ½ inch
 - ½ lbs.
- Healthy diets keep them on track

Source of Energy

- o Nutrients
 - o Carbohydrates
 - o Protein
 - o Fat
 - o Vitamins
 - o Minerals



How much?



- o Generally: One tablespoon of each food for every year old they are
- o Your toddler decides **if** and **how much** they eat

What? When? Where?

- The parents decide **what, when, and where**



Tips for the mother's role

- o Have set family meal times
- o Eat at the table
- o Follow MyPlate
 - o Limit sugar—especially juice and soda
 - o Try to have at least 3/5 food groups in every meal and all five within a day
 - o If your toddler doesn't like a certain food at first... try, try, again

Understanding the Messy Child

- o Independence
- o Developing skills
- o Advice:
 - o Be patient
 - o Let your child feed themselves unless they need your help
 - o Have your child help you clean up



Little Helpers



- Set the table
- Spread foods
- Knead dough
- Peel foods
- Mash with a fork
- Count and separate
- Measure ingredients
- Wash foods

Peeling a Banana

1. Normal
2. Monkey Style
3. Ninja Style



Eating with their hands and eyes

- o Toddlers are more likely to eat foods they help prepare
- o Encourage their help, but be careful of sharp, hot, and other dangerous objects in the kitchen.
- o Make food FUN

