

Feeding To Grow

This handout provides tips for promoting good eating behaviors for children at any age.

Try the Following

Offer 3 meals & 3 snacks each day	Space meals and snacks about 2-3 hours apart
Only offer water in between meals and snacks	Offer food first at meals before beverages
Try only offering 2-4 oz of liquids with each meal or snack	Have your child sit at the table/highchair for all meals and snacks
Have your child sit for 20-30 minutes at meal time	Have your child sit for 10-15 minutes at snack time
If your child refuses to eat at meal time, remove you child and the food from the table	If it takes longer than 30 minutes to finish a meal, discuss this with your child's pediatrician or occupational therapist to help
Limit distractions during meal and snack times. Allow the focus to be on eating	Eat with your child or have your child eat with other siblings, friends or family members
Be a role model of good eating habits	Use child size plates, utensils and cup
Limit juice to 4 oz. per day. Avoid soda or sugar sweetened beverages	Be consistent with meal times and rules. Your child will get used to these new eating habits over time

Avoid the Following

Allowing your child to carry and drink from a bottle or sippy-cup of juice, milk or formula between meal and snack times.	Allowing your child to "graze" (eat mini snacks between meal and snack times)
Distractions such as television, phone, tablets, loud radio or toys at the table during meals and snacks.	

For additional information on promoting good eating behaviors visit ellynsatterinstitute.org

This handout was provided to assist you with your child's nutritional needs. All nutrition plans should be individualized by working with a registered dietitian. Please get a referral for "Nutrition Clinic" from your Primary Care Provider. Then call (858) 576-1700 ext. 5999 to book an appointment with a dietitian.