

Childhood Nutrition: 1-5 Years Old

Paraprofessional Training 2017

Goals

The overall goals of this training modules are for participants to:

- ▶ Have a basic understanding of young children's growth and development;
- ▶ Be knowledgeable of toddler and preschooler's nutritional needs
- ▶ Be able to offer strategies and tips for some common feeding concerns with young children such as Choking Hazards, Picky Eating and Preventing Dental Caries
- ▶ Be able to assist caregivers of young children with strategies, tips and tools for healthy meals and snacks

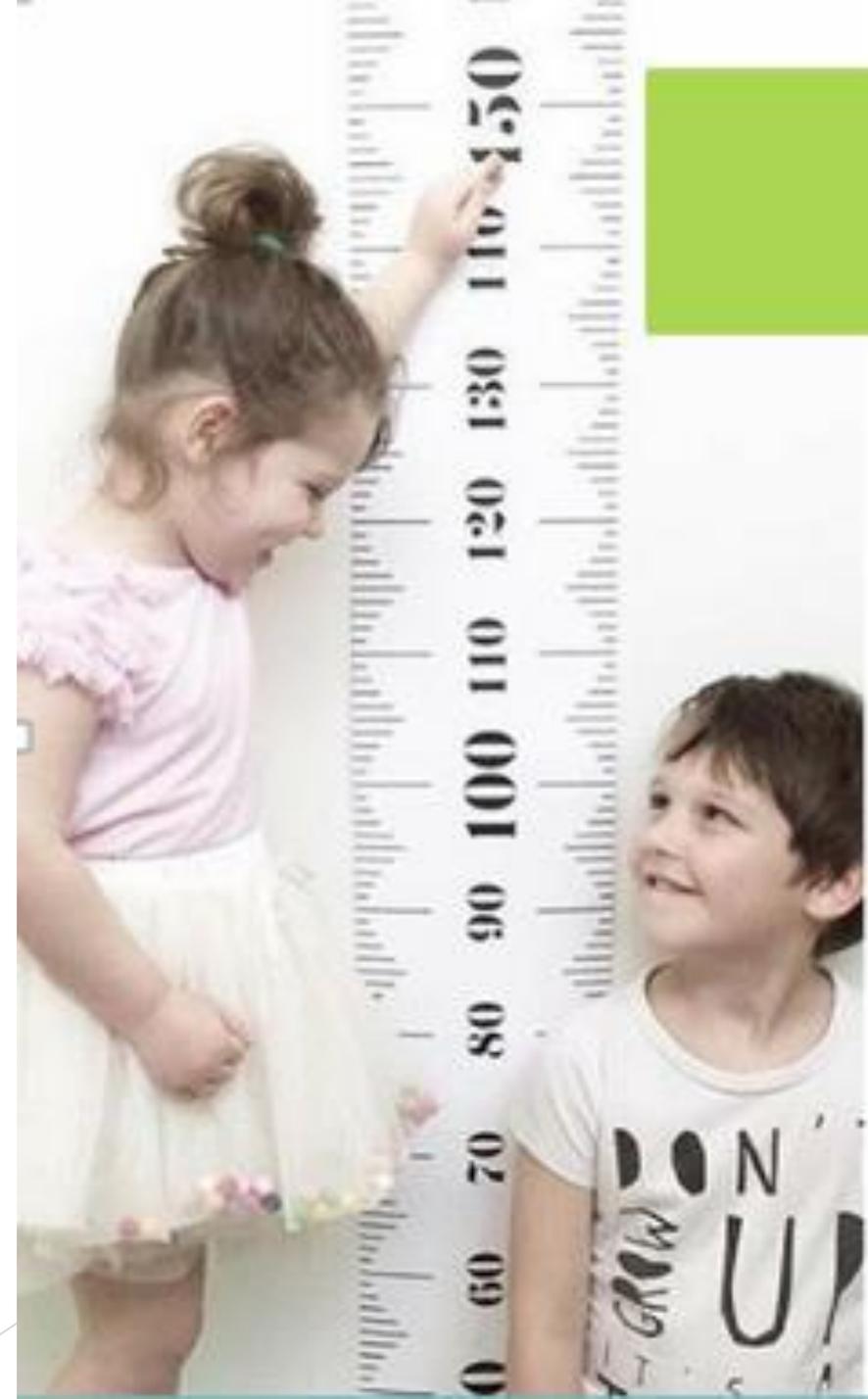
Objectives

By the end of this training module, you will be able to:

- Describe normal growth and development of children 1 to 5 years old
- Explain feeding guidelines for children, including self-feeding and division of responsibility
- Describe a healthy eating pattern for children
- Provide parents/caregivers with strategies for dealing with picky eaters
- Describe choking and poisoning hazards for children and identify prevention or solutions for each
- Be able to counsel parent/caregivers on oral health guidelines for toddlers and preschoolers
- Provide caregivers with strategies and tools to prepare healthy meals and snacks

Growth and Development

- ▶ Growth is fastest during infancy.
- ▶ Growth slows down at 1 year of age and remains steady between ages 1 - 5 years.
- ▶ Between the ages of 2-5 children grow 2 ½ inches and gain 4-5 pounds each year!



Behavioral Development

1 Year

- ▶ Walks alone
- ▶ Starts pretending
- ▶ Begins talking
- ▶ Follows simple commands
- ▶ Less interested in eating
- ▶ Gets first molars
- ▶ Stops using a bottle
- ▶ Uses a spoon and cup (although will spill!)
- ▶ Likes to use fingers to eat
- ▶ Copies what you do



Behavioral Development

2 Years

- ▶ Gets last primary teeth
- ▶ Uses fork
- ▶ Feeds self with spills; can be messy!
- ▶ Can be easily distracted
- ▶ Growth slows and appetite drops
- ▶ Develops likes and dislikes
- ▶ May suddenly refuse certain food
- ▶ Can run, jump and climb



Behavioral Development

3 Years - 5 Years

- ▶ Eats with family
- ▶ Will request favorite foods
- ▶ May refuse certain foods
- ▶ May dislike mixed dishes
- ▶ Can perform some cooking tasks (rinsing, pouring, chopping with a butter knife, mixing, spreading)
- ▶ Can help with setting the table
- ▶ Likes to pick vegetables and fruits at the market



How much does my child need to eat?



Photo Credit: <http://volusiapeds.com/encourage-healthy-eating-kids/>

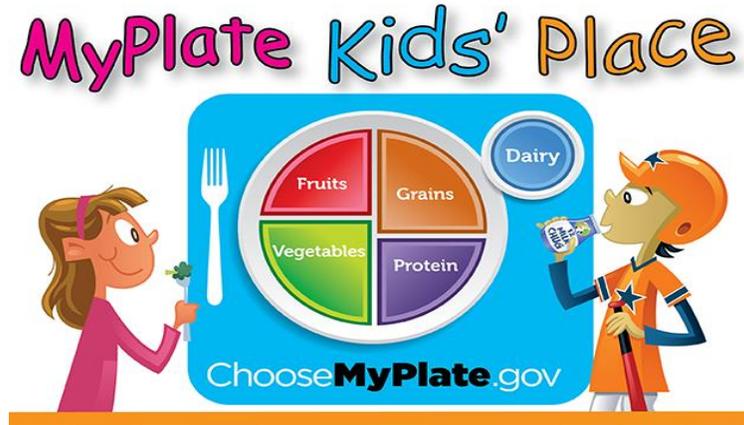
Daily Needs

	1-2 Years	3 Years	4-5 Years
Calories	1000	1200-1400	1200-1600
Fruits	1 cup	1 ½ cups	1 ½ cups
Vegetables	1 cup	1 ½ cups	1 ½ - 2 cups
Grains	3 ounces	4-5 ounces	4-5 ounces
Proteins	2 ounces	3-4 ounces	3-5 ounces
Dairy	2 cups	2 cups	2 ½ cups

What would you do?

- ▶ Sally cares for her 4-year-old grandson. During an appointment, you notice that the child is significantly overweight. From what you can tell, Sally is providing a nutritious, healthy diet for her grandchild. However, when you ask about playtime, Sally tells you that her grandchild prefers to watch TV or play games on his tablet. Sally says that's OK with her, as she can't "run around" and play active games with her grandson. What would you recommend to help Sally's grandson become more active?

Portion Sizes



- ▶ Portion sizes are small
- ▶ Stomach is roughly the size of their own fist
- ▶ MyPlate servings for kids are generally $\frac{1}{4}$ - $\frac{1}{2}$ of an adult serving
- ▶ The Tablespoon rule: one Tbsp per year of age
- ▶ Meals should have 3-5 food groups available
- ▶ Snacks are best when include 2-3 food groups



Cut the Juice!

- ▶ Do not allow child to carry juice cup around all day
- ▶ May lead to diarrhea and/or excessive weight gain
- ▶ Juice (even 100% fruit juice) contains about the same amount of calories and sugar as soda
- ▶ Limit to 4 oz per day
- ▶ Try to encourage increased water or milk

What would you do?

- ▶ Shonda Smith has two children, a 4-month old baby and a 2-year-old toddler. During one of Shonda's appointments, you notice that the toddler is walking around with a sippy cup of apple juice. Shonda tells you that it's the child's favorite drink and that she really doesn't like milk or water. When you try to encourage Shonda to limit her child's juice intake, she complains to you that she is stressed and tired and just doesn't have the energy to "fight that battle" with her child.

Regular Eating times

- ▶ Kids do better with routine: serve snacks and meals at approximately the same time every day
- ▶ 3 meals
- ▶ 2-3 snacks a day
 - ▶ Mid-morning
 - ▶ Mid-afternoon
 - ▶ After dinner, if necessary
- ▶ Serve meals and snacks in a defined place (at a table is best)



Division of Responsibility: Parent's Role

The parent or caregiver is responsible for *what, when, where*

- ▶ Select and buy nutritious food
- ▶ Make and offer nutritious, balanced meals and snacks
- ▶ Give the child food they can handle
 - ▶ Child-size portions
 - ▶ Cut into bite-size pieces
 - ▶ Avoid choking hazards
 - ▶ Cool hot foods
 - ▶ Use salt, sugar, pepper and spices in moderation
- ▶ Decide when meals and snacks are offered
- ▶ Insist the child be present at meals



Division of Responsibility: Child's Role

- Decide how much to eat
- Decide what to eat from the foods served

Young children like:

- Simple meals with food separated from each other
 - Finger foods
 - Foods with bright colors and varied shapes
- Decide if they will eat



What would you do?

- ▶ Robert Cole's son Jacob is 4 years old. His growth is within normal limits. His father says Jacob is a rather "picky eater" and "he doesn't like vegetables."

Picky Eater Strategies

- ▶ Here are some strategies you can offer parents and caregivers:
- ▶ Offer choices!
- ▶ Avoid being a “short order” cook or catering to a child’s likes
- ▶ Even if new foods are rejected, continue to offer them
- ▶ Try pairing new foods with a food you know your child likes
- ▶ Don’t make a big deal of an unclean plate, even if the child does not eat anything

Avoid:



- ▶ Using food as bribes!
- ▶ Having sweets be in the regular snack routine.
- ▶ Pressuring a child to eat.

Choking Risk

- ▶ Toddlers and Preschoolers have a high risk of choking
- ▶ Avoid:
 - ▶ Small Hard foods: Nuts, seeds, popcorn, chips, pretzels, raw carrots, hard candy
 - ▶ Slick Round foods: Whole grapes, large pieces of meat/poultry/hotdogs
 - ▶ Sharp foods: Corn chips
 - ▶ Sticky foods: Peanut butter, gum, taffy, caramels, marshmallows, jelly beans, etc

What would you do?

- ▶ A mother of a 2 1/2 year old pulls out a snack bag of whole grapes in the WIC office. The mother tells you that her child loves grapes and can “eat them by himself.” She is happy that her son is eating fruits.

Foods for Young Children to Avoid

- ▶ Young children are vulnerable to food poisoning because their immune system isn't fully developed enough to fight foodborne infections.

- ▶ Avoid:

- ▶ Unpasteurized dairy products
- ▶ Raw or partially cooked eggs
- ▶ Raw or undercooked fish
- ▶ Unpasteurized juices
- ▶ Raw sprouts
- ▶ Honey under 1 year of age (can harbor spores of toxic bacterium that can cause botulism)



Safe Food Handling Practices:

Clean

- ▶ Wash hands prior to serving

Cook

- ▶ Cook to safe temperature

Separate

- ▶ Don't cross-contaminate

Chill

- ▶ Refrigerate promptly



Preventing Cavities in Children

- ▶ A child's first visit to the dentist should occur by their first birthday
 - ▶ Enables early detection of potential problems
 - ▶ Helps children overcome fear
- ▶ If a child has not seen a dentist, provide referral to dental care
 - ▶ (866) 758-6807
 - ▶ www.InsureKidsNow.gov

Find a Dentist

Use the Dentist Locator to find a dentist in your community who sees children and accepts Medicaid and CHIP.

Find a Dentist for Your Kid

Items with * are required

* Please select a state

* Please select a benefit plan

Search by address, ZIP code, or p

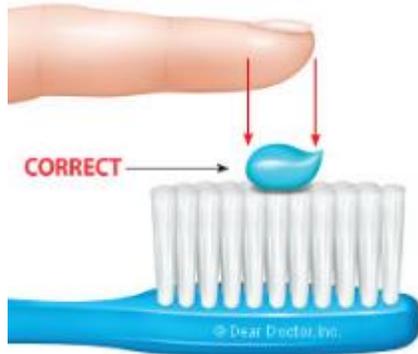
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Brushing and Flossing

- ▶ Children should brush at least twice a day
- ▶ Flossing helps maintain healthy gums
- ▶ Toddlers only need a small amount of toothpaste, the size of a pea



Parents Set An Example

- ▶ Reinforce daily brushing and flossing
- ▶ Provide healthy snacks
- ▶ Limit the amount of sweets offered
- ▶ Dilute juice with water
- ▶ Say NO to sodas

Why Fluoride?

- Hardens the tooth enamel
- Helps to prevent and reduce cavities
- Topical fluoride or fluoride tablets after all primary teeth emerge (usually at 2 ½ years)



Eat Grow Live Healthy

- ▶ Broken down by each six months of age
- ▶ Specific details of number of servings per food group and serving size
- ▶ Developmental milestones
- ▶ Food safety information
- ▶ Feeding tips and menu ideas

EAT GROW LIVE HEALTHY



HELP ME LEARN TO BE A GOOD EATER.

I've grown from a baby to a toddler. How I act around food may be changing, too.

When I first learned to eat with my fingers, I would eat almost anything. Now I may be choosy about what I eat. I might not want to try new foods. This is normal.

Here are some ways you can help me eat well:

- ▶ Let's sit down to eat meals and snacks at about the same time every day.
- ▶ Eat with me. Talk to me, listen to me, and let me feed myself while you enjoy your meal. Please don't do other things and ignore me.
- ▶ Offer me small amounts (1 to 2 tablespoons) of each food, even foods that you don't like.
- ▶ Let me decide what and how much to eat. Let me have more of any food if I want.
- ▶ Let me eat my way, fast or slow. Let me use a spoon, my fingers, or both.
- ▶ Offer me a new food along with a favorite food. Let me decide what to do with the new food on my own. I may have to see or touch the new food many times before I will taste it or eat it. This is how I learn about food. Please be patient.

TIP
Limit distractions during meals and snacks. Turn off cell phones, computers, and the TV. This way we can enjoy each other's company and I will learn better and eat better.



1½-2 YEARS
WIC PROGRAM
DISTRICT OF COLUMBIA



My name is _____
I weigh _____ pounds
and I am _____ inches tall.

Activity

- ▶ Using Eat Grow Live

Take Aways

- ▶ Children's growth slows down after age one but should remain steady
- ▶ Behavioral development influences what and how children eat
- ▶ Parents have responsibility for deciding what food is offered, when and where
- ▶ Children have responsibility for how much they eat
- ▶ Establishing set meal and snack times fosters healthy eating behaviors
- ▶ Children need a variety of foods in appropriate portion sizes
- ▶ Picky eating is common in young children
- ▶ Food safety is important
- ▶ Oral hygiene in young children helps prevent cavities

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