

Develop Healthy Habits for a Lifetime

Toddler time is your best opportunity to help your child develop positive attitudes about food and eating.

Remember some basics about toddler behavior and how to respond:

- Toddlers may be afraid to try new foods. Be prepared to offer new foods many times. One day the food may be accepted; the next day, the same food is refused. Be patient—this is normal!
- Offer new foods with familiar foods. Allow your child to touch and smell his food. Maybe he will taste it—maybe not this time. Continue to offer the food several times.
- Be a good role model. Your child watches what you eat. It's not just what you say, it's what you do!
- Give your child enough table time. He doesn't have the skills to eat as fast as you. He still needs to practice picking up food with his fingers or with utensils and getting the food into his mouth. This is a messy time, but his eating skills will improve!

Remember: you are helping your child to develop healthy lifetime habits!

Learn to Eat and Enjoy Healthy Foods!

Move and Play with Your Toddler

"Show Me"

Ask your toddler to move slowly, slowly, while she:

Walks - forward, then backward.

Crawls

Now, ask your toddler to move quickly, while she:

Walks - forward, then backward.

Runs

Crawls

Row, Row, Row Our Boat

- While sitting on the floor, position the child between your legs so that both of you are facing forward.
- Grasp a tightly rolled newspaper in front of the child's arms so that both of you are holding it.
- Gently reach forward and back in a rowing motion, while saying these words:
Row, row, row the boat.
Down the river together we float.
Pushing and pulling on our oar,
Sitting together on the floor.

Learn, Move, and Have Fun!

