

# Tips for Feeding Young Kids



## 2 to 5 years old

Young children are always trying to do more for themselves, and do things their way. They may refuse to eat a certain food, or refuse to eat at all. You may think your child is a picky eater. Do not worry. This is a normal part of growing up.

### How can I get my child to eat new foods?



- ▲ Offer one new food at a time, with foods your child likes.
- ▲ Give a small amount. Do not worry if your child does not eat it. Offer it again at another time. You may need to offer it many times before he/she will eat it.
- ▲ Let your child try all kinds of foods, even the ones **you** don't like!
- ▲ Do not expect your child to like everything. All of us have some foods we do not like.

### What if my child only wants to eat one kind of food?



- ▲ This is normal at this age. Let your child eat the food he/she wants, if it is a healthy food.
- ▲ Offer your child other foods, too. After a few days, your child will probably try other foods.

### What if my child wants something other than what I serve?



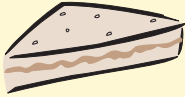
- ▲ Try to have at least one food your child likes at each meal, along with the other foods.
- ▲ Let your child help with meals. Children like to eat foods they help to prepare.
- ▲ Sometimes offer your child 2 choices, and let him/her pick one.

**What should I do if my child doesn't want to eat at all?**



- ▲ Take the food away until the next meal or snack. Snacks and meals should be about every 2 to 3 hours.
- ▲ Make sure your child does not fill up on milk, juice, or sweet drinks between meals. Children this age only need 4 to 6 small servings of milk or milk products every day. Limit juice. Offer water in a cup when your child is thirsty. **Your child should be drinking only from a cup now, not a bottle.**

**Should I worry if my child doesn't eat much or skips meals?**



- ▲ Do not worry if your child skips a meal sometimes. Your child will make up for it at the next meal.
- ▲ Young children are smart eaters. They eat when they are hungry and stop when they are full.
- ▲ Remember, it is normal for children to eat less after the first year. They are not growing as fast.

**Warning:** Children under age 4 can choke on foods like hot dogs, popcorn, nuts, raw carrots, grapes, jelly beans, gum, and hard candy. Avoid these foods. Cut hot dogs into very small pieces.



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