

Ten Steps for Healthy Toddlers

Good habits for health, growth and development

Judy More

Paediatric Dietitian

Infant and Toddler Forum



Feeding the under 3s
the food they need

www.littlepeoplesplates.co.uk



Practical help and information
on nutrition and development

Why?

It is challenging to feed toddlers

Ten Steps developed to:

- reassure mothers
- reinforce consistent messages

Worked with:

- Preschool Learning Alliance
- British Dental Health Foundation
- Dietitians
- Health Visitors
- Psychologists
- Paediatricians

- Consulted an extensive range of professional bodies, charities, patient groups and government

1. Eat together as a family and make mealtimes relaxed, happy occasions



- Make food easy to eat – finger foods are good
- Eat the foods that you would like your toddler to eat
- Praise your toddler when he or she eats well or tries something new – toddlers take time to learn to like new foods



Grab your
voting pads...

2. You decide which nutritious foods to offer but let your toddler decide how much to eat



- Never insist your toddler eats everything on his or her plate

29% of parents say their toddlers have to finish all the foods on their plates



Grab your
voting pads...

3. Offer foods from all 5 food groups each day



- Together they give the right mix of nutrients your toddler needs



Grab your voting pads...

4. Have a routine and offer 3 meals and 2–3 snacks each day



- Offer 2 courses at each meal and only offer nutritious snacks
- Don't allow grazing on food

66% of parents say that their toddlers have a set eating routine

5. Offer 6–8 drinks a day



- Give all drinks in a beaker or cup – not bottles
- 3–4oz or 100–120ml is about right
- Water is a good choice
- Dilute any fruit juice



Grab your
voting pads...

6. Give vitamins A & D each day

- Choose a vitamin supplement suitable for toddlers – most toddlers don't get enough in their food



Almost 60% of parents say they never give their toddlers vitamin supplements



Grab your
voting pads...

7. Respect your toddlers tastes and preferences – don't force feed



- Understand that some children eat almost everything while others are much more picky
- Some like foods kept separate at a meal and others are happy with foods mixed in together



Grab your voting pads...

8. Reward your toddler with your attention – never give food or drink as a reward, treat or for comfort



- Play, read or talk with your toddler as a reward
- Always give fruit or a nutritious pudding – don't use it as a reward for eating other foods first or for good behaviour

Over 70% of parents say they use sweet foods or puddings as a reward to encourage their toddler to eat their meals

9. Limit.... and avoid



Limit...

- fried food, crisps, packet snacks, pastries, cakes and biscuits to very small amounts
- sweet foods to four times a day e.g. as part of the three meals and one snack

...and avoid

- sweetened fruit squashes, fizzy drinks, tea and coffee
- undiluted fruit juices – only give juice well diluted at meal times
- whole nuts which may cause choking or be inhaled

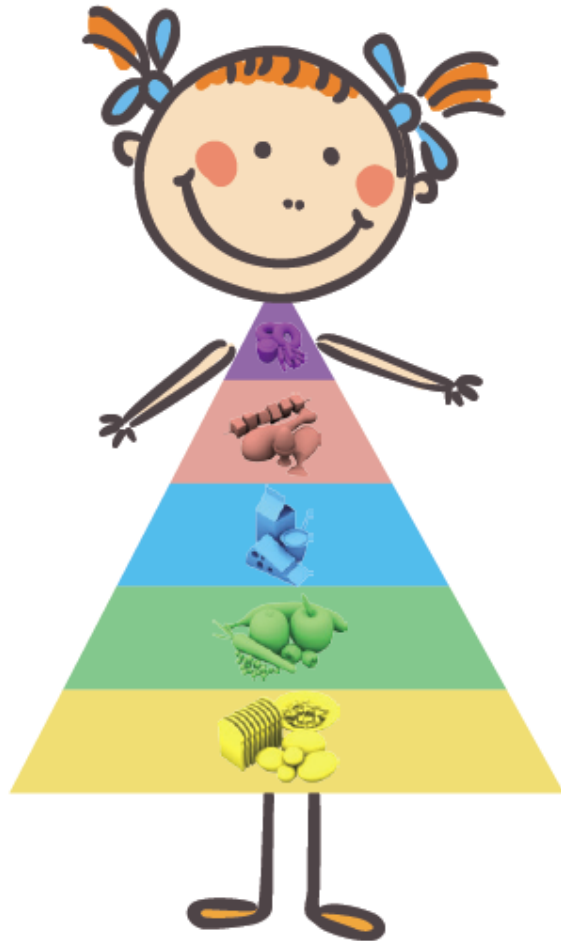
10. Encourage at least an hour of active play every day and about 12 hours sleep



- Active play can be in short 5–10 minute bursts, such as playing outside, dancing and walking. Limit TV and other screen time like computers to just 1 hour a day

63% of parents say they find it easy to make sure their toddler has about one hour of active play per day

Food groups and portion ranges for toddlers



- We have devised portion ranges to give parents an idea of the quantities to offer toddlers

77% of parents say they have not received clear advice about portion sizes for toddlers

Questions

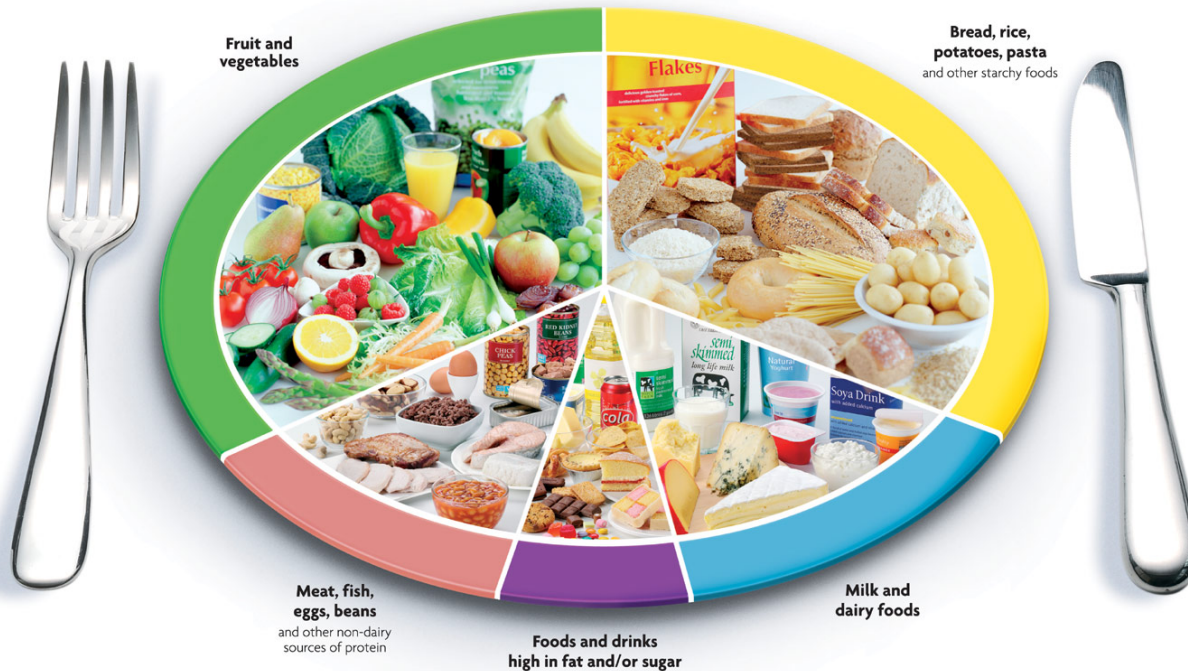
- Are they available in other languages?
- Why use the pyramid for the food groups and not the FSA Eatwell Plate?

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



food.gov.uk



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Feeding the under 3s the food they need



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Feedback for Ten Steps

“This is going to be an excellent resource that I can publicise... both at the setting and with parents. I think your guidance will certainly help me raise issues about diet and food in the nurseries that I support”

Early Years Development Officer,
Enfield

“What a useful tool - very clear. I would like to use some of it as a teaching leaflet.”

Health Visitor

I really like it I think it spells out simply 10 steps all parents could easily be encourage to follow.

Health Visitor

Feedback for Ten Steps

“Very useful information which can be shared with my staff team.”

Nursery manager, London

The Ten Steps for Healthy Toddlers is exactly the kind of practical resource that will help practitioners to get the balance right.”

Neil Leitch, Chief Executive,
Pre-school Learning Alliance

Feedback for Ten Steps

You just want to be sure that you're doing your best! To have something like the Ten Steps in front of you gives you that reassurance that you are on the right path.

Joe, Dad from London

The portion size guide now has a permanent place on my fridge! I think the Ten Steps have helped to reassure me that I was doing the right thing and they have made some things a lot easier!

Stella, Mum from London

Feedback for Ten Steps Training

The Ten Steps training session was very well received by our parents and we have had some great feedback. We all had very many questions and felt that the evening had helped and encouraged us all enormously.”

The Manor Preparatory
School, Abbingdon