

Nourishing an Independent Toddler

Post Test – April 2013

**Please keep this test and certificate in your files for Licensing.
You do not need to send it in to our office or the State.**

Learning Objective: After reading the newsletter, the provider understands how to best encourage healthy eating habits for toddlers.

1. Somewhere between 12 and 18 months, your easy-going infant becomes a toddler striving to take control of his or her activities. While your baby ate anything you put in front of her, you may now have a finicky eater on your hands.
True or False
2. Allow your child to feed himself. Let food be something he wants and goes after rather than something he submits to. _____, but don't force, your toddler to try different foods.
3. Even if your toddler is most comfortable using her fingers, don't let her. Discourage any effort your children make to eat on their own.
True or False
4. Let your kids eat food in the order they choose. Children notice if you are placing more importance on sweet food. _____ works very well here. Let them see that you enjoy your broccoli and carrots as much as fruit or cookies.
5. Toddlers' _____ change from day to day, and you can end up frustrated or disappointed if they don't eat your special dinner. Don't make your child feel guilty if he genuinely doesn't like what you have prepared.
6. Your child will eat when she is hungry and missing a meal here or there will not cause malnourishment. Try not to make a big issue out of getting your children to eat. The more they see it is important to you, the more they will dig in their heels and resist.
True or False
7. Avoid very sugary or salty snacks as they encourage _____. Give water between meals as milk and juice can leave your child too full to eat his meal.
8. Toddlers are constantly testing their limits. Resist the temptation to use food as a bribe, reward, or punishment, as this will not foster a healthy relationship with food. A treat should not be given because a child is good and withheld when she is naughty. Treats are simply on the menu some days and not on the menu other days.
True or False
9. When your child stops eating or says she has had enough, end the meal. Don't insist she finish every bite on the plate. Kids know when they are full. Encourage them to _____ to their bodies so they will not overeat.
10. Tense, stressful mealtimes will not help your children to develop a positive attitude toward food. Young children may act up at mealtimes because they are _____. Include your toddler in conversation so he feels part of the family.



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SOUTHWEST HUMAN DEVELOPMENT SERVICES

Sponsor of the

USDA CHILD AND ADULT CARE FOOD PROGRAM

is pleased to award

THIS CERTIFICATE

for completion of 30 minutes of training in

April 2013: Nourishing an Independent Toddler

A SELF-INSTRUCTIONAL COURSE

(Quiz on reverse side must be completed for certificate to be valid)

This Family Day Care Provider supports the commitment to
Quality Child Care as demonstrated by completion of this course

Given this date _____

Lindsey Seybold

Lindsey Seybold
Training Coordinator
Southwest Human Development Services

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