

FEEDING YOUR CHILD

Why It Matters

- As children grow from 1 to 6 years, their appetite and food preferences naturally fluctuate:
- They may eat more or less some days.
- They may refuse new foods or want the same foods repeatedly.
- They want more autonomy—choosing foods, feeding themselves.

Feeding at this stage is about establishing healthy habits, exposure to varied foods, and positive mealtime routines.



Involve Kids in Cooking

- 2-3 yrs: wash produce, stir, smell spices
- 3-4 yrs: pour, mash, assemble sandwiches
- 4-6 yrs: crack eggs, slice soft foods with safe knife, make parfaits
- Cooking together increases food acceptance



Nutrition & Foods

- Include iron-rich foods at every meal (meat, beans, eggs, tofu, fortified cereals)
- Offer a Vitamin D supplement daily
- Include high-fibre foods (fruits, veggies, whole grains)
- Fish: choose low-mercury types (salmon, trout, herring) 2x/week

Routine & Meals

- Start a routine by 12 months: 3 meals + 2-3 snacks at set times
- Offer family foods with variety (taste, texture, colour)
- Use small servings first; offer more if hungry
- Eat together when possible (role modelling matters)
- Avoid constant sipping of milk or juice → decreases appetite



Drinks

- 12-24 months: 500 mL/day of whole milk (3.25%) in a cup
- After age 2: switch to lower-fat milk or fortified soy beverage
- Water between meals; avoid sweetened drinks
- 100% fruit juice: limit to 125-175 mL (4-6 oz) per day



⚠ Safety & Choking Prevention

- Always supervise eating
- Cut grapes/cherry tomatoes into quarters
- Cut raw veggies into thin strips
- Spread nut butter thinly, avoid big globs
- Avoid popcorn, whole nuts, candies, hot dogs in young children
- Refrigerate cut fruit/veg within 2 hours



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