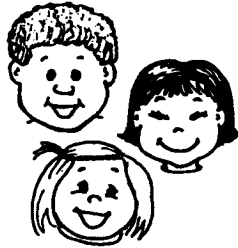


Food for Tots

**The complete guide to feeding preschoolers,
including 100+ kid-tested recipes**



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& Jennifer Pugmire, Mom

FOOD FOR TOTS PUBLISHING, DIVISION OF MAMMOTH MEDIA

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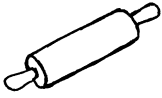
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Feeding Baby

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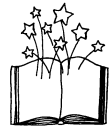
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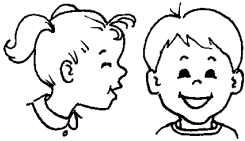
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variations:

The cream of chicken soup can be served separately from the chicken or can be omitted.



tot tip:

Don't serve nuts to children under three.

Chicken Haystacks

Make-it-your-own-way chicken sundaes are a great dinner for children.

- 1 can (12 1/2 ounces) chicken, undrained**
- 1 can (10 3/4 ounces) cream of chicken soup**
- 4 cups cooked rice**

Topping options:

- **chow mein noodles**
- **canned crushed pineapple, drained**
- **grated cheese**
- **chopped green onions**
- **chopped green, yellow, or red peppers**
- **chopped celery**
- **shredded coconut**
- **raisins**
- **slivered almonds or chopped peanuts**
- **sweet and sour sauce**
- **soy sauce**
- **peanut sauce**

1. In a crockpot, microwave-safe bowl, or pan mix chicken and cream of chicken soup.
2. Cook chicken mixture until heated throughout.
3. Place chicken mixture, rice, and toppings in separate serving bowls.

Serving suggestions:

Serve buffet style. To make sundaes start with a scoop of rice, spoon chicken mixture over the rice, and add desired toppings.

Yield: serves 2 adults & 2 children



Super Scented Play Dough

This simple to make play dough is soft, smooth, scented, and nontoxic. Kids can stir the dry ingredients and help knead the cooled dough.

1 1/4 cups flour

1/4 cup salt

1 packet unsweetened flavored soft drink mix (such as Koolaid)

1 cup boiling water

1 1/2 tablespoons vegetable oil

1. In a mixing bowl, combine flour, salt, and drink mix.
2. In a separate container, combine oil and water.
3. Make a well in the flour mixture and pour in the oil and water mixture.
4. Mix thoroughly with a large spoon.
5. On a large cutting board knead dough until it is cool. Don't use the countertop as the drink mix can stain before it is mixed into the other ingredients.
6. Play! You probably have lots of tools in the kitchen to use with the play dough such as a rolling pin and cookie cutters, a garlic press to make grass or hair, chopsticks to poke holes, etc.

Note: Store in a sealed container in the cupboard for several months. It's lifetime depends upon the amount of use and time it is left out of the container. In spite of the vibrant colors this play dough does not stain hands or most surfaces once it is thoroughly mixed.

Yield: 1 3/4 cups of fun



tot tip:

This is a good activity for sick kids who are bored with being indoors. You can throw the dough away after they play with it to avoid spreading germs.



The First Six Months

Got Milk?

Breast milk or iron-fortified infant formula should provide most of the nutrition for infants from birth to six months of age. Breast milk is strongly recommended. Not only is breast milk easier to digest, it provides antibodies against disease. What's more, the flavor of breast milk varies with the mother's diet so babies get used to a variety of flavors, helping them adapt to new foods later.

Breastfeeding is also good for a mother's health. Women who breastfeed recover more rapidly from childbirth and lower their lifetime risk of breast cancer. It is ideal to breastfeed your baby for at least one year.

Keep in mind that anything you eat, drink, take in pill form, or smoke, may pass through your breast milk and affect your baby. If you must take medication, check with your doctor or pharmacist about its safety for your child. Even herbal remedies can pass into breast milk and may affect your baby.

If you need help getting started with breastfeeding, there is a lot of assistance available. You can ask your pediatrician for advice. Many hospitals have nursery nurses, lactation specialists, or registered dietitians who can help you. La Leche League is also a great resource.

If it is not possible to breastfeed, consult your doctor for a formula recommendation. Most infants who are not breastfed will thrive on a cow's milk infant formula. Those with lactose intolerance can be fed a lactose-free cow's milk formula or a soy formula. Regular cow's milk, powdered milk, condensed milk, or goat's milk should not be given during the first year of life. Never give a child of any age unpasteurized milk or milk products.

What about Cow's Milk Allergy?

Most infant formulas are based on cow's milk. Fortunately, allergies to cow's milk and other foods are not very common. Symptoms of food allergy include hives and other rashes, wheezing, runny nose, vomiting, and diar-



Food Group Guidelines Ages 1–6

Using the Food Group Pyramid, this chapter provides guidelines to help you understand your child's nutritional needs. You will notice that serving sizes for children are quite small. A serving for a preschooler is about one-fourth to one-half of an adult serving. **One tablespoon of food per year of age is a typical serving.** The serving sizes don't necessarily reflect the amount children eat at one time. For example, rather than drinking one cup of milk a child might take several smaller servings of milk, cheese, or yogurt over the course of a day.

Calorie Requirements

- *Approximately* 1,000 calories per day for the first year of life, 100 more calories for every additional year. A five-year-old will need about 1,400 calories.
- Don't worry about counting calories. The number your child needs depends upon activity level and growth rate. A large, active child needs more calories than one who is smaller or less active.
- If your child is growing well and is healthy the calorie intake is fine. If a child is gaining weight too rapidly the calorie intake may be excessive. If your child is not healthy and growing normally, consult your pediatrician or a pediatric registered dietitian.

Calorie content of foods

- One gram of fat provides 9 calories
- One gram of protein or carbohydrate provides 4 calories

GRAINS—6 or more servings/day

Food choices: Breads, crackers, cereals, pasta, rice, muffins, pancakes, bagels, cookies.



Why It's Normal for Young Children to Be Picky Eaters

Why is it that young children are often labeled as picky eaters? Could it be normal for them? Whenever a characteristic applies to a large number of children it might be a normal developmental phase. For example, even though it is hard on parents, newborns wake during the night and require feedings every two to three hours. Parents know that this will be a passing phase, so they cope with it. Toddlers have characteristics that make it normal for them to be picky about what they eat. Accepting that this is a phase can make it easier to handle feeding challenges.

Ages One to Three

Some characteristics of toddlers that cause them to be picky eaters:

- Slower growth rate than during the first 12 months of life, so have a natural decrease in appetite.
- Preference for routines and caution about new experiences, including new foods.
- Increased independence and discovery of own opinions, so increased resistance to parental requests.
- Enthusiasm for new-found ability to walk and run, so little willingness to sit still for long. Some toddlers may only be able to sit at the table for ten or fifteen minutes.
- Tendency to be ready for sleep when the rest of the family is ready for dinner.
- Strong desire for attention, which they may seek through difficult behavior.
- Inclination to like only one thing for awhile, then suddenly refuse that and want something different.
- Preference for food at a tepid temperature—like Goldilocks—not too hot and not too cold.



What to Feed Them When They're Sick

Is it *feed a cold and starve a fever* or vice versa? When your child is sick you're stressed enough without having to worry about what food is best. It can be hard to find things that healthy toddlers will eat. When they're sick, it's even worse. Sick children may have smaller appetites than usual, causing parents to worry that their child won't get enough nutrition. This brief guide addresses concerns about feeding young children when they're sick.

Upper Respiratory Infections

Upper respiratory infections include colds, coughs, and croup. When your child has an upper respiratory infection extra fluids are required to keep the mucous secretions from getting too thick. A child may also lose fluid by coughing, having a runny nose, and running a fever. A stuffy nose may affect the ability to smell food, resulting in a reduced appetite. A sore throat may make swallowing uncomfortable. What's a parent to do?

Here are some tips:

- When infants have stuffy noses, they often have trouble nursing or feeding from a bottle. Putting a few drops of saline in the nose then suctioning with a bulb syringe may help. Saline drops may be purchased at the drug store.
- It is fine to allow a child with a cough or a cold to have milk. It does not cause the production of mucous.
- Warm liquids such as soups and hot chocolate may be comforting to a child with a stuffy nose and cough and may make breathing more comfortable.
- Soft foods and cold liquids may feel best to a child with a sore throat. Try yogurt, applesauce, finger gelatin, pudding, ice cream, frozen fruit bars and canned fruits.
- Don't worry too much if your child eats less for a few days as long as enough fluids are taken to maintain urine output. When children are sick they are usually less active. They don't need as many calories as when they are well.