

Do I Have a Picky Eater?

Robert and Lisa have a 15-month-old child. He used to eat all kinds of vegetables before he turned 1 year of age. Now he doesn't want to eat any vegetables his parents offer him. What would you tell Robert and Lisa about feeding their child vegetables?

For instructor

Do I Have a Picky Eater?

It may seem like your child is being picky, but he is going through a normal stage for his age. Offer him a variety of vegetables with his favorite foods or dip. If he doesn't like the vegetable you offer him, try not to make a big deal about it. He will start eating vegetables again when he is ready.

How much milk is too much?

My child is 2 years old and she loves milk from her cup with meals and snacks. A friend told me she might be drinking too much. How much is too much?

For instructor

How much milk is too much?

A child between the ages of 1 and 3 only needs two servings of milk products each day. She doesn't need more than 16 ounces of milk each day. Young children may only drink between 4-6 ounces of milk at one time. So, if she's thirsty, offer more water in her cup.

Weaning from the bottle

My child just turned 1 year of age and drinks some liquids from a cup, but he still wants a bottle at night. How should I wean him off the nighttime bottle?

For instructor

Weaning from the bottle

Weaning a child from the bottle is a gradual process because it takes a lot of patience and consistency. What you might want to try for his nighttime bottles is offering plain water in his bottle instead of milk or other liquids with sugar. Start with one bottle at time so that it's not a stressful experience for him and you. It is also very important to let family members who take care of him know what you are doing so they can support your efforts.

Am I serving my child too much food?

I think I'm serving my 2½ year old too much food. She leaves a lot of food on her plate. I don't want to force her to eat everything on her plate, but I hate to waste food. How much should I put on her plate?

For instructor

Am I serving my child too much food?

You're doing the right thing by not forcing your child to finish everything on her plate. Depending on your child's age, it's best to put 1-2 tablespoons of food per age. For your 2-year-old, put two tablespoons of food on her plate. She will ask for more if she is still hungry. Keep in mind that children have very small stomachs so they don't need as much as we do.

Can too much juice cause weight gain?

My child is 3 years old and he could drink juice all day if I let him. A friend told me too much juice is bad. Is that true?

For instructor

Can too much juice cause weight gain?

Juice with vitamin C is good for your child but he doesn't need more than 4-6 ounces of juice in a day. If a child fills up on juice, he may not want to eat other foods. Also, too much juice could cause him to gain weight too fast. It is best to let him drink water when he is thirsty.

Help! My child refuses to eat!

My child is 2½ years old and she refuses to eat what I serve her. I don't want to get into the habit of cooking something different for her, but I worry that she's not getting enough to eat. What should I do?

For instructor

Help! My child refuses to eat!

As a parent you are in charge of deciding what to offer. It is up to your child to decide whether or not she will eat. You are doing the right thing by not cooking a different meal for her. What you might want to say when she refuses to eat is what you have offered is, “This is what we are having today.” Let her decide if she will eat the food. As long as

Help! My Child Is a Messy Eater!

My child just turned 2 years old and when he eats, it's a mess. What should I do?

For instructor

Help! My Child Is a Messy Eater!

Your child is still learning how to feed himself and being messy is part of learning. Try not to make a big deal about the mess. Also, most children this age will do better if they use forks and spoons that are the right size for their age. To make clean up a little easier, put newspaper, or anything that you can clean easily or throw away, under his chair. The most important thing to remember is to be patient during this learning time.

Is my child eating enough?

I've noticed my 3-year-old isn't eating as much this week as she did last week. Should I be concerned?

For instructor

Is my child eating enough?

It's normal for children at this age to eat more one day or week and eat less on another day or week. The best thing you can do is not make a big deal about it. Continue to offer your child food, but let her decide how much. If she's gaining weight and growing, she's getting enough to eat.