



Toddler Nutrition and Health Resource List

August 2009

This publication is a collection of resources on the topic of toddler nutrition and health. Resources include books, pamphlets and audiovisuals and are limited to those published in 2000 or later. Many of the pamphlets are available in single copies and some may also be purchased in bulk from the organization listed (Web addresses are provided for materials available online). The books and audiovisuals can be either borrowed from your local library or purchased from your local book store.

Materials may also be available to borrow from the National Agricultural Library (NAL) collection. Lending and copy service information is provided at the end of this document. Materials cannot be purchased from NAL. Contact information is provided for the publisher/producer if you wish to purchase any materials on this list.

This Resource List is available from the Food and Nutrition Information Center's (FNIC) Web site at: <http://www.nal.usda.gov/fnic/pubs/bibs/gen/toddler.pdf>. A complete list of FNIC publications can be found at <http://fnic.nal.usda.gov/resourcelists>.

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I. Books

A. General Nutrition and Health

Baby and Toddler Cookbook

Rachael Anne Hill

New York, NY: Ryland Peters & Small, 2008. 143 pp.

Description: Presents over 90 recipes categorized according to age, with color photos of each. Outlines kitchen basics such as food safety, equipment, and ingredients. Also includes sections on allergies and vegetarian eating.

Baby & Toddler Meals for Dummies

Dawn Simmons, Curt Simmons, and Sallie Warren, MS, RD, LD

Indianapolis, IN: Wiley Publishing Inc, 2007. 344 pp.

Description: Covers food allergies, picky eaters, time-saving tips, and serving sizes according to age. Discusses weaning and introducing new foods.

The Big Book of Recipes for Babies, Toddlers, & Children

Bridget Wardley and Judy More

London: Duncan Baird Publishers, 2004. 224 pp.

Description: Lists 365 recipes for young children, including weekly meal planners, nutrient information, and allergy hazards. Recipes are divided by age group.

C is for Cooking

Susan McQuillan, RD

Hoboken, NJ: John Wiley & Sons, Inc., 2007. 125 pp.

Description: Includes recipes that can expose young children to new foods and basic cooking techniques. Characters from Sesame Street introduce each recipe and share facts about the foods.

Caring for Your Baby and Young Child: Birth to Age 5, 4th Edition

Steven P. Shelov, MD, MS, FAAP and Robert E. Hannemann, MD, FAAP

New York, NY: Bantam Books, 2004. 752 pp.

Description: Acts as a guide for parents and caregivers. Covers childbirth preparation, common problems, physical and emotional distress, developmental milestones, safety, and emergency care.

The Complete Idiot's Guide to Feeding your Baby and Toddler

Elizabeth M. Ward, MS, RD

New York, NY: Penguin Group, Inc. 2005. 336 pp.

Description: Provides guidance on infant nutrition and health, as well as advice for weaning babies from soft foods to more solid foods. Includes chapters on food allergies, feeding a vegetarian child, and more than 200 recipes.



The Contented Little Baby Book of Weaning

Gina Ford

London: Vermilion, 2002. 188 pp.

Description: Aids mothers in starting the weaning process, establishing routines, and ensuring proper nutrition. Contains schedules, recipes, and stories from mothers.

The Everything Organic Cooking for Baby & Toddler Book

Kim Lutz and Megan Hart, MS, RD

Avon, MA: Adams Media, 2008. 275 pp.

Description: Contains information about organic eating and 300 recipes for organic dishes. Details how to make cooking simple and affordable.

Excerpts from Food for Tots, 3rd Edition

Janice Woolley, MD and Jennifer Pugmire

Mercer Island, WA: Mammoth Media, Inc, 2008. 64 pp.

Description: Answers common questions about feeding children from birth until age six and how to save money when shopping for and preparing meals. Includes tables and figures of caloric needs.

Meals without Squeals: Child Care Feeding Guide & Cookbook, 3rd Edition

Christine Berman, MPH, RD and Jacki Fromer

Boulder, CO: Bull Publishing Company, 2006. 300 pp.

Description: Discusses nutritious food for children. Topics include growth and development, feeding problems, and how to offer positive experiences with food.

Mealtime Solutions for Your Baby, Toddler and Preschooler

Ann Douglas

Ontario: John Wiley & Sons, 2006. 246 pp.

Description: Covers topics such as breastfeeding, complementary foods, dining out, illnesses, and potential challenges that could occur when feeding the young child.

Mothering Your Nursing Toddler, Revised Edition

Norma Jane Bumgarner

Schaumburg, IL: La Leche League International, 2000. 308 pp.

Description: Provides resources for breastfeeding a child after 1 year of age. Presents material on a year by year basis; includes information on nursing challenges and weaning techniques.



The Nursing Mother's Companion, 5th Edition

Kathleen Huggins, RN, MS

Boston, MA: Harvard Common Press, 2005. 308 pp.

Description: Includes instruction on how to breastfeed, as well as a chapter on nursing the toddler. Illustrations are provided for additional guidance.

The Nursing Mother's Guide to Weaning, Revised Edition

Kathleen, Huggins, RN, MS and Linda Ziedrich

Boston, MA: Harvard Common Press, 2007. 208 pp.

Description: Provides information on weaning children of different ages by introducing bottles and complementary foods. Helps mothers delay or implement weaning.

Raising Vegetarian Children

JoAnne Stephaniak, MEd and Vesanto Melina, MS, RD

New York, NY: McGraw Hill, 2002. 300 pp.

Description: Provides vegetarian nutritional guidance from infancy to adolescence as well as tips for nursing moms.

So Easy Toddler Food: Survival Tips & Simple Recipes for the Toddler Years

Joan Ahlers and Cheryl Tallman

Petoskey, MI: Fresh Baby LLC, 2009. 50 pp.

Description: Offers tips for families to develop healthy eating habits and includes recipes with nutrition facts.

Toddler Bistro Box

Christina Schmidt, MS

Santa Barbara, CA: Baby Bistro Brands, 2002.

Description: Presents advice, information and recipes based on the child's age in a recipe box format. Also lists nutrient needs and serving suggestions for the toddler.

The Womanly Art of Breastfeeding, 7th Revised Edition

La Leche League International

New York, NY: Plume, 2004. 463 pp.

Description: Contains information based on scientific research and the experiences of breastfeeding mothers; includes discussion on toddler nursing and weaning practices.

B. Picky Eaters

Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet

Cheryl Fraker, CCC/SLP, Mark Fishbein, MD, Sibyl Cox, RD, LD, Laura Walbert, CCC/SLP

New York, NY: Marlowe & Company, 2007. 374 pp.

Description: Informs parents about strategies that gradually encourage picky eaters to expand their diet. Also offers information on food allergies and advice for special needs children.



Food Fights: Winning the Nutritional Challenges of Parenthood Armed With Insight, Humor, and a Bottle of Ketchup

Laura A. Jana, MD, FAAP, and Jennifer Shu, MD, FAAP

Elk Grove Village, IL: American Academy of Pediatrics, 2007. 250 pp.

Description: Teaches parents and caregivers the science of nutrition and how to incorporate healthy choices into everyday life. Discusses nutrients and solutions to common problems.

The Happiest Toddler on the Block, 2nd Edition

Harvey Karp, MD

New York, NY: Bantam Dell Publishing Group, 2008. 336 pp.

Description: Presents techniques and strategies to help manage challenges faced by parents and caregivers of toddlers. Topics covered in the book include bedtime struggles, separation anxiety, toilet training, aggression, and picky eating.

“I Won’t Eat it!” Answers to Your Questions about Feeding Babies and Toddlers

Leann Birch, PhD and William Dietz, MD, PhD

Elk Grove Village, IL: American Academy of Pediatrics, 2009. 21 pp.

Description: Covers feeding information on transitioning to solid food and feeding picky toddlers. Provides answers to common questions, personal stories, and a list of additional resources.

Just Two More Bites! Helping Picky Eaters Say Yes to Food

Linda Piette MS, RD

New York, NY: The Crown Publishing Group, 2006. 294 pp.

Description: Offers guidance for establishing healthy eating habits in young children who display an unwillingness to eat many foods. Explains social and biological reasons for picky eating and strategies to promote proper nutrition.

My Child Won’t EAT! How to Prevent & Solve the Problem

Carlos Gonzalez, MD

Schaumburg, IL: La Leche League International, 2005. 183 pp.

Description: Explains how to prevent and manage eating and growth problems in infants and children.

The Toddler Café: Fast, Healthy, and Fun Ways to Feed Even the Picky Eater

Jennifer Carden

San Francisco, CA: Chronicle Books, 2008. 144 pp.

Description: Contains over 50 recipes divided into chapters based on food group. Suggests recipe variations and food storage tips.

Toddler Menus: A Mix-and-Match Guide to Healthy Eating

Penny Preston and Vincent Iannelli, MD

Avon, MA: Adams Media, 2007. 128 pp.

Description: Includes nutrition tips and individual recipes that can be combined to make meals for picky eaters. Has a split-page format and rating system for recipes.



C. Food Allergies

Dealing with Food Allergies in Babies and Children

Janice Vickerstaff Joneja, PhD, RD

Boulder, CO: Bull Publishing Company, 2007. 509 pp.

Description: Provides information on the prevention and symptoms of allergies. Also discusses special diets for individuals with autism, hyperactivity, and asthma.

Flourishing with Food Allergies: Social, Emotional, and Practical Guidance for Families with Young Children

A. Anderson

Southbury, CT: Papoose Publishing, 2008. 360 pp.

Description: Offers tips for handling obstacles related to children with food allergies, such as social situations, school, diet, and travel. Also includes emotional tips and recent research on links to food allergies.

How to Manage Your Child's Life-Threatening Food Allergies

Linda Marienhoff Coss

Lake Forest, CA: Plumtree Press, 2004. 208 pp.

Description: Provides step-by-step information to create a safe and social environment for a child with food allergies. Topics covered include preparing for and treating allergic reactions, purchasing and cooking food, teaching others about food allergies, parenting issues, creating a safe school and day care environment, having a social life, dining in restaurants, and traveling.

Understanding and Managing Your Child's Food Allergies

Scott H. Sicherer, MD

Baltimore, MD: The Johns Hopkins University Press, 2006. 336 pp.

Description: Describes why children develop food allergy, the symptoms of food allergy (affecting the skin, the gastrointestinal tract, and the respiratory system), and the role of food allergy in behavioral problems and developmental disabilities.

D. Physical Activity

365 Activities You and Your Child Will Love

Nancy Wilson Hall, Roni Cohen Leiderman, MD and Wendy Masi, MD

San Francisco, CA: Weldon Owen Inc., 2007. 365 pp.

Description: Contains 365 activities for children separated into three categories: three years and up, four years and up, and five years and up. Includes arts and crafts, games, and other play ideas.



Fit Family

Heidi Hill

Montpelier, VT: Vitesse Press, 2008. 175 pp.

Description: Gives examples of ways families with young children can be active together; a variety of indoor and outdoor activities are highlighted.

Fit Kids (KidsHealth Series)

Mary Gaven, MD and Steven Dowshen, MD

New York, NY: Dorling Kindersley Publishing Inc., 2004. 208 pp.

Description: Includes guidance on nutrition and physical activity for children from infancy through adolescence. Also contains recipes.

Itsy Bitsy Yoga for Toddlers and Preschoolers

Helen Garabedian

Cambridge, MA: Da Capo Press, 2008. 215 pp.

Description: Shows yoga poses that can be used with young children at different times during the day. Promotes muscle development and a healthy lifestyle.

Toddler Play: 100 Fun-Filled Activities to Maximize Your Toddler's Potential

Wendy S. Masi, MD

San Francisco, CA: Creative Publishing International, Inc., 2001. 192 pp.

Description: Shows activities, games, and songs to aid in child-development; grouped according to age appropriateness.

The Wiggle & Giggle Busy Book

Trish Kuffner

New York, NY: Meadowbrook Press, 2005. 352 pp.

Description: Lists 365 activities and games for toddlers and preschoolers. Categorized by varying situations such as outdoor play, indoor play, creative expression, water play, and holiday themes.

II. Pamphlets/Brochures/Fact Sheets/Web sites

A. General Nutrition and Health

Feeding Your Baby and Toddler (Birth to Age Two)

University of Michigan Health System

Web site: <http://www.med.umich.edu/yourchild/topics/feedbaby.htm>

Description: Gives general information on what a parent or caregiver needs to know about feeding a 12-24 month old child. Shares suggestions on making healthy, no-cook snacks.



Feeding Your One Year Old

Noodle Soup of Weingart Design

Description: Describes what a child is able to do by the first year as well as recommendations on foods and their amounts. Also available in Spanish.

Ordering information:

Noodle Soup of Weingart Design

4614 Prospect Ave #328

Cleveland, OH 44103

Phone: 800-795-9295 Email: vicky@noodlesoup.com

Online ordering: <http://www.noodlesoup.com/feedingyouroneyearold.aspx>

Good Nutrition for Growing Children (Ages 2-5)

Channing Bete Company, Inc.

Description: Contains information about good nutrition and the health benefits that come with eating right. Includes meal-planning charts and recipes. Also available in Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Company Place

South Deerfield, MA 01373

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>

Growing Up Healthy: Fat, Cholesterol and More

American Academy of Pediatrics

Description: Gives guidelines for feeding children 2 to 6 years old. Discusses the importance of a balanced lifestyle of exercise and healthy eating for the entire family.

Ordering Information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=06ae4310-a9b7-4ecb-86ba-30209811165b

Healthy Tips for Tots: Ages 2-5

Nutrition Counseling Education Services (NCES)

Web site: <http://www.ncescatalog.com/shopexd.asp?id=67&bc=no>

Description: Provides guidance on feeding young children as well as information on recommended food group servings, tips for feeding, choking hazards and the importance of physical activity. Based on MyPyramid. Also available in Spanish.



Help Me Be Healthy Series

Crab Tree & Company

Description: Explains what a child can do, based on age, to help in his/her nutrition and health care. Additionally shows what foods are appropriate for the given age group. Also available in Spanish.

Ordering Information:

Crab Tree & Company

200 Park Avenue

Falls Church, VA 22046

Phone: 888-531- 9001 x102 Fax: 703-241-9060 Email: info@helpmebehealthy.net

Online ordering: <http://www.helpmebehealthy.net/pdfs/2009SaleOrderForm.pdf>

Kid Care: Food and Weight

ETR Associates

Description: Guides parents of children 1-6 years of age. Suggests healthy foods and child size servings. Also available in Spanish.

Ordering Information:

ETR Associates

4 Carbonero Way

Scotts Valley, CA 95066

Phone: 800-321-4407 Fax: 800-435-8433 Email: customerservice@etr.org

Online ordering: <http://pub.etr.org/ProductDetails.aspx?id=300000&prodid=213>

Making Meals Matter for Your Young Child: Guide for Busy Parents

Dairy Council of California

Description: Gives parents and caregivers guidance and information about feeding preschoolers ages 2-5. Provides the basics of preparing healthy meals and snacks. Also available in Spanish.

Ordering Information:

Dairy Council of California

1101 National Drive, Suite B

Sacramento, CA 95834

Phone: 866-572-1359

Online ordering:

<http://www.dairycouncilofca.org/HealthProfessionals/ClientPrograms/ProgramMealsMatterYoungChild.aspx>

MyPyramid for Preschoolers

USDA, Center for Nutrition Policy and Promotion

Web site: <http://www.mypyramid.gov/preschoolers/index.html>

Description: Includes customizable nutrition and physical activity guidance for children 2 to 5 years of age.



Nutrition Guide for Toddlers

Nemours Foundation

Web site: http://kidshealth.org/parent/food/general/toddler_food.html

Description: Reviews the amount of food a toddler needs for proper development. Also touches on why milk is important and iron requirements for toddlers.

Preventing Choking on Food by Children

Public Health Seattle & King County

Web site: <http://www.kingcounty.gov/healthservices/health/child/childcare/education/choking.aspx>

Description: Outlines safe practice guidelines on the prevention of choking. Reviews why size, shape, and texture are important points to remember when feeding children.

Stopping the Bottle

Nemours Foundation

Web site: http://kidshealth.org/parent/food/infants/no_bottles.html

Description: Guides parents and caregivers in weaning a child from a bottle to a cup.

Toddler Nutrition

Children's Hospital Boston

Web site: <http://www.childrenshospital.org/az/Site1753/mainpageS1753P0.html>

Description: Describes how appetite changes in growing toddlers can make meal times more difficult. Helps parents and caregivers provide structure and set limits.

Transitioning to Toddlerhood: Start Healthy, Stay Healthy: Feeding Guidelines

American Dietetic Association

Web site: <http://www.eatright.org/ada/files/toddler.pdf>

Description: Provides feeding guidelines for infants and toddlers including appropriate foods and serving sizes.

Your Child's Health: Information for Parents

Channing Bete Company, Inc.

Description: Discusses the importance of getting regular health care check-ups for children and promotes the importance of being active and healthy as a family.

Ordering Information:

Channing Bete Company, Inc.

One Company Place

South Deerfield, MA 01373

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>



Vegetarianism

Nemours Foundation

Web site: http://kidshealth.org/parent/nutrition_fit/nutrition/vegetarianism.html

Description: Gives an overview of vegetarian diets and how to ensure a child receives optimal nutrition when limiting or eliminating meat from the diet.

Weaning

La Leche League International

Web site: <http://www.llli.org/NB/NBweaning.html>

Description: Includes answers to common questions and articles related to weaning.

Weaning Your Child

Nemours Foundation

Web site: http://kidshealth.org/parent/pregnancy_newborn/feeding/weaning.html

Description: Discusses the decision on when to wean and approaches to the weaning process.

What's to Eat? Healthy Foods for Hungry Children

American Academy of Pediatrics

Description: Outlines menu options and includes sections on active play, picky eaters, safety concerns, and healthy fast food items.

Ordering information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=3560b681-4a1d-4c5b-be38-7e76705bb001

B. Picky Eaters

Appetite Slump in Toddlers

University of Michigan Health System, C.S. Mott Children's Hospital

Web site: http://med.umich.edu/1libr/pa/pa_bappetit_hhg.htm

Description: Helps parents and caregivers define what an appetite slump is, what causes it, and how to help a child with an appetite slump.



Feeding Kids Right Isn't Always Easy: Tips for Preventing Food Hassles

American Academy of Pediatrics

Description: Offers advice on children's eating behavior problems and tips on how to make mealtime more pleasant.

Ordering information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=62fdd2bd-10f6-473f-9517-4621ba162c44

Feeding Toddlers Can be a Challenge

National Food Service Management Institute, University of Mississippi

Web site: <http://www.nfsmi.org/documentLibraryFiles/PDF/20080612084623.pdf>

Description: Guides parents and caregivers on making mealtimes a success, from making mealtimes fun to preventing hazards like choking. Also includes fun activities to help young children learn about fruits and vegetables.

Handling a "Choosy" Eater

USDA, Food and Nutrition Service

Web site: http://www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_13.pdf

Description: Lists ten tips for managing a picky eater, as well as background information for parents and caregivers.

How to Handle Your Picky Eater

Zero to Three: National Center for Infants, Toddlers and Families

Web site: http://www.zerotothree.org/site/PageServer?pagename=ter_key_health_picky

Description: Explains the reasons behind picky eating, what parents can do, and strategies to encourage healthy eating patterns.

Picky Eaters

USDA, Center for Nutrition Policy and Promotion

Web site: <http://mypyramid.gov/preschoolers/HealthyHabits/PickyEaters/index.html>

Description: Explains common types of picky eating and how to get children ages 2 to 5 to try new foods.



Ten Tips for Feeding Your Toddler without Fuss

Noodle Soup of Weingart Design

Description: Gives tips for making mealtimes a success. Includes advice on being a good role model and providing comfort. Also available in Spanish.

Ordering information:

Noodle Soup of Weingart Design

4614 Prospect Ave #328

Cleveland, OH 44103

Phone: 800-795-9295 Email: vicky@noodlesoup.com

Online ordering: <http://www.noodlesoup.com/tentipsforfeedingyourtoddler.aspx>

Tips for Feeding Young Kids

Washington State Department of Health WIC Program

Web site: https://fortress.wa.gov/doh/here/materials/CRA_Detail.aspx?ID=389

Description: Reviews what to do when a child eats only one type of food, skips meals, wants something other than what was served, or refuses to eat at all. Available in multiple languages.

Toddlers at the Table: Avoiding Power Struggles

Nemours Foundation

Web site: http://kidshealth.org/parent/food/general/toddler_meals.html#

Description: Offers suggestions on how to successfully introduce new foods. Contains advice on scheduling regular feeding times and what to do if a child refuses to eat.

C. Food Allergies

Food Allergies

Nemours Foundation

Web site: http://kidshealth.org/parent/growth/feeding/food_allergies.html

Description: Discusses what food allergies are, signs they are occurring, and how to handle allergic responses in children.

Food Allergies and Your Child

American Academy of Pediatrics

Description: Contains information on symptoms, common causes, and diagnosis of food allergies. Also has tips on avoiding and treating allergies.

Ordering Information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=bddd9a4b-bbdc-4d9b-8fda-485e744247a4



Food Allergies or Just Food Fussiness?

USDA, Food and Nutrition Service

Web site: http://www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_26.pdf

Description: Describes the signs of potential food allergies, the most common food allergies, and safety precautions.

Parents: Creating an Action Plan for Child Care Providers

Rutgers University

Web site: <http://foodallergy.rutgers.edu/images/posters/PosterB.pdf>

Description: Explains the importance of having an action plan for managing a child's food allergies when he/she is in a childcare setting. Also available in Spanish.

Tips for Finding Food Allergy Aware Preschools

Kids with Food Allergies, Inc.

Web site:

http://www.kidswithfoodallergies.org/resourcespre.php?id=79&title=finding_the_right_preschool_f_or_your_child_with_food_allergies

Description: Guides parents in choosing a preschool or daycare that accommodates children with food allergies.

D. Oral Health

Brush Up on Healthy Teeth: Simple Steps for Kids' Smiles

Center for Disease Control and Prevention

Web site: <http://www.cdc.gov/oralhealth/pdfs/BrushUpPoster.pdf>

Description: Provides steps to follow to ensure the care of a child's teeth.

Care of Children's Teeth

Noodle Soup of Weingart Design

Description: Gives parents and caregivers advice on taking care of young children's teeth from birth through five years. Also available in Spanish.

Ordering information:

Noodle Soup of Weingart Design

4614 Prospect Ave #328

Cleveland, OH 44103

Phone: 800-795-9295 Email: vicky@noodlesoup.com

Online ordering: <http://www.noodlesoup.com/careofchildrensteeth.aspx>



Caring for Your Child's Teeth

Channing Bete Company, Inc.

Description: Presents information on dental hygiene for children, plus tips on proper brushing, flossing, and what to expect from the first dental checkup. Also available in Spanish.

Ordering Information:

Channing Bete Company, Inc.

One Company Place

South Deerfield, MA 01373

Phone: 800-477-4776 Email: custsvcs@channing-bete.com

Online ordering: <http://www.channing-bete.com/>

First Steps to a Healthy Smile

American Academy of Pediatrics

Description: Stresses good dental health practices during the first two years of life.

Ordering information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=82459529-4831-46c5-b7d5-b87bb99fa9e0

Give Your Child "Teeth Healthy" Drinks

Kansas Head Start Association

Web site: <http://www.ksheadstart.org/pdfs/Beverages%20and%20Tooth%20Decay.pdf>

Description: Highlights the importance of using the appropriate container when giving young children beverages (i.e. bottles for under 1, etc.)

A Guide to Children's Dental Health

American Academy of Pediatrics

Description: Focuses on strategies for keeping teeth healthy throughout childhood.

Ordering information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=92a49616-7667-4065-a7fa-1758c2ccf204



Infant and Toddler Oral Health: Early Childhood Caries

Maryland Department of Health and Mental Hygiene

Web site: http://fha.maryland.gov/pdf/oralhealth/fact_sheets/Infant_and_Toddler_OH-ECC.pdf

Description: Covers how to prevent early childhood caries in the teeth of young children.

Keeping Your Child's Healthy Smile

USDA, Food and Nutrition Service

Web site: http://www.fns.usda.gov/tn/Resources/Nibbles/keeping_smile.pdf

Description: Includes tips for beginning oral health care early, making food and drink choices for healthy teeth, and making dental care a family habit.

Milk Matters for Your Child's Healthy Mouth

Web site: http://www.nichd.nih.gov/milk/upload/milk_matters.pdf

Description: Discusses the benefits of calcium for keeping teeth, gums, and jawbones healthy. Additionally talks about milk/dairy and other foods as a good source of calcium.

Until Age 6 Years Use Less Than a Pea-Sized Amount

Kansas Head Start Association

Web site: <http://www.ksheadstart.org/pdfs/Brushing%20is%20Important.pdf>

Description: Provides visual guidance as to how much toothpaste to use with young children as well as explains the importance of helping young children brush their teeth.

E. Physical Activity

Child's Play!

USDA, Food and Nutrition Service

Web site: http://www.fns.usda.gov/tn/Resources/Nibbles/Nibbles_Newsletter_36.pdf

Description: Lists the benefits of active play for a child's physical and mental development as well as includes activity ideas and safety tips.

Encourage Your Child to be Physically Active

American Academy of Pediatrics

Description: Contains statistics, benefits, and tips on encouraging children to become more physically active.

Ordering information:

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000 Fax: 847-434-8000

Online ordering:

https://www.nfaap.org/netFORUM/eweb/DynamicPage.aspx?webcode=aapbks_productdetail&key=f632b0ec-57e8-4b38-905a-f1f87eb61782



Home and Away: How to Keep Toddlers Active

Nemours Foundation

Web site: http://kidshealth.org/parent/nutrition_fit/fitness/active_toddler.html

Description: Supplies play ideas to ensure that toddlers are getting enough physical activity at home or away. Also includes a section on safety and supervision.

Kids in Action: Fitness for Children Birth to Age 5

National Association for Sport and Physical Education

Web site: http://www.aahperd.org/naspe/pdf_files/brochure.pdf

Description: Gives parents and caregivers ideas for engaging in age-appropriate physical activities with their child.

MyActivity Pyramid

University of Missouri Cooperative Extension

Web site: <http://extension.missouri.edu/explorepdf/hesguide/foodnut/n00386.pdf>

Description: Aims to help children include a variety of physical activities in their daily lives. The MyActivity Pyramid handout is based on the 2005 Dietary Guidelines for Americans and MyPyramid.

Ordering Information:

University of Missouri Cooperative Extension

Columbia, MO 65211

Phone: 573-882-7216

Online ordering: http://extension.missouri.edu/explore/shop/product_add.asp?intProdID=N386

Physical Activity

USDA, Center for Nutrition Policy and Promotion

Web site: <http://mypyramid.gov/preschoolers/PhysicalActivity/index.html>

Description: Discusses how much activity children ages 2 to 5 should get on a daily basis.

Physical Fitness for Toddlers

Illinois Early Learning Project

Web site: <http://www.illinoisearlylearning.org/tipsheets/fitness.pdf>

Description: Informs parents and caregivers of age-related activities and ways to encourage toddlers to be physically fit.

Play

Zero to Three: National Center for Infants, Toddlers and Families

Web site: http://www.zerotothree.org/site/PageServer?pagename=key_play

Description: Includes tips for choosing toys as well as discusses the importance of play.



Playing with Toddlers, 12 to 24 Months

Noodle Soup of Weingart Design

Description: Explains the importance of play in motor, cognitive, and social development. Also encourages a healthy lifestyle. Available in Spanish.

Ordering Information:

Noodle Soup

4614 Prospect Ave #328

Cleveland, OH 44103

Phone: 800-795-9295 Email: vicky@noodlesoup.com

Online ordering: <http://www.noodlesoup.com/playingwithtoddlers12to24months.aspx>

Step Up and Stay Active: Activity for Children Ages 2-5 Years

Learning ZonExpress

Description: Shows activities for young children so they can build fitness into their day.

Ordering Information:

Learning ZonExpress

667 E Vine St. PO Box 1022

Owatonna, MN 55060

Phone: 888-455-7003 Fax: 507-455-3380

Email: customersupport@learningzonexpress.com

Online ordering: <http://www.learningzonexpress.com/step-up-activity-pyramid-tablet-ages-2-5>

III. Audiovisuals

A. General Nutrition and Health

Beverage Basics

Lemon-Aid Films, 2006. DVD (10 min.)

Description: Discusses bottle weaning, beverage portion sizes, and sugar content of drinks.

Ordering Information:

Lemon-Aid Films

85 Rangeway Road, Building One

North Billerica, MA 01862

Phone: 978-667-3335

Online ordering: <http://www.lemonaidfilms.com/products/displayvideo.php?ProductIndex=10>



Childhood Nutrition: Preventing Obesity: Volume 2: Young Children Eating Right

InJoy Productions, Inc. 2005. DVD (37 min.)

Description: Covers MyPyramid, making mealtime a positive experience, quick and healthy home made and fast food ideas, ways to promote exercise and limit TV, food safety, and choking hazards. Also available in Spanish.

Ordering Information:

InJoy Birth & Parenting Videos, Inc.

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082 ext. 2 or 303-447-2082 ext. 2 Fax: 303-449-8788

Online ordering: [http://www.injoyvideos.com/product.php?proid=26&page=Childhood Nutrition](http://www.injoyvideos.com/product.php?proid=26&page=Childhood%20Nutrition)

Feed Me! Kids and Nutrition

Learning Seed, 2007. DVD (20 min.)

Description: Shows parents and caregivers how to use MyPyramid for Kids to help children. Also addresses managing picky eaters and how to encourage vegetables and portion sizes.

Ordering Information:

Learning Seed

641 West Lake Street, Suite 301

Chicago, IL 60661

Phone: 800-634-4941 Fax: 800-998-0854 Email: info@learningseed.com

Online ordering: <http://www.learningseed.com/p-129-feed-me-kids-and-nutrition.aspx>

The Happiest Toddler on the Block

The Happiest Baby, Inc., 2004. DVD (69 min.)

Description: Provides parenting techniques and strategies to help manage challenges faced by parents with toddlers. Topics covered include bedtime struggles and separation anxiety.

Ordering Information:

The Happiest Baby, Inc.

Phone: 310-207-1111 Email: sales@thehappiestbaby.com

Online ordering: <http://www.thehappiestbaby.com/store.html>

I'm Not a Baby Anymore: Tips for Feeding Toddlers

Lemon-Aid Films, 2004. DVD (11 min.)

Description: Addresses portion size, food and beverage selection, introduction of new foods, and mealtime do's and don'ts. Includes interviews with mothers. Also available in Spanish.

Ordering Information:

Lemon-Aid Films

85 Rangeway Road

Building One

North Billerica, MA 01862

Phone: 978-667-3335

Online ordering: <http://www.lemonaidfilms.com/products/displayvideo.php?ProductIndex=0>



Toddlers: Physical Development

Learning Seed, 2009. DVD (29 min.)

Description: Discusses the physical development of toddlers as it relates to areas such as nutrition, sleep, and toilet training.

Ordering Information:

Learning Seed

641 West Lake Street, Suite 301

Chicago, IL 60661

Phone: 800-634-4941 Fax: 800-998-0854 Email: info@learningseed.com

Online ordering: <http://www.learningseed.com/p-211-toddlers-physical-development.aspx>

B. Food Allergies

I'm Not Nuts: Living with Food Allergies

Brimstone Media Productions, LLC, 2008. (83 min.)

Description: Discusses the possible causes of food allergies, and managing food allergies in both children and adults. Details experiences of families dealing with food allergies, as well as provides tips and advice from food allergy experts.

Ordering Information:

Brimstone Media Productions, LLC

7900 State Street

Brighton, MI 48116

Phone: 810-225-3079

Email: KJLindenmuth@aol.com

Online ordering: <http://www.lindenmuth.com/documentaries/allergies.shtml>

C. Oral Health

Dental Care for the Early Years: Age 0-5

Discovery Education, 2002. VHS (13 min.)

Description: Presents to parents and caregivers the importance of early dental health and the routines needed to prevent tooth decay in infants and young children.

Ordering Information:

Discovery Education

PO Box 2284

South Burlington, VT 05407

Phone: 888-892-3484 Fax: 877-324-6830

Online ordering: <http://store.discoveryeducation.com/product/show/49013>



D. Physical Activity

Adventures of Zobey: Adventures in Bugland

Texas Department of State Health Services, WIC Program, 2007. DVD (24 min.)

Description: Promotes activity while teaching children about fruits and vegetables. Encourages children to dance, wiggle and jump while watching it.

Ordering Information:

Texas Department of State Health Services, WIC Program

PO Box 149347

Austin, TX 78714

Phone: 800-942-3678 Fax: 512-341-4473

Online ordering: <https://medialinx.alliedvaughn.com/clients/portals/tdh/onlinecart/>

Age-Appropriate Play: The First Four Years (Three Volume Set)

InJoy Productions, Inc., 2002. DVD (56 min.)

Description: Contains four different programs providing guidance for the development of social, language, fine motor and gross motor skills. The programs are divided by ages: birth to 6 months, 6 - 12 months, 12 - 24 months and 2 to 3 year olds. Each program lasts from 12 minutes to 17 minutes. Also available in Spanish.

Ordering Information:

InJoy Birth & Parenting Videos, Inc.

7107 La Vista Place

Longmont, CO 80503

Phone: 800-326-2082 ext. 2 or 303-447-2082 ext. 2 Fax: 303-449-8788

Online ordering: http://www.injoyvideos.com/product.php?proid=25&page=Age-Appropriate_Play

Have Fun and Be Active

Abridge Club Entertainment, 2005. DVD (30 min.)

Description: Shows parents, grandparents and young children from a variety of cultures having fun being physically active. Activities are coordinated with music to give families ways to be physically active inside and outside of the house. Also available in Spanish.

Ordering Information:

Abridge Club Entertainment (Russ InVision Records)

3219 Conquista Ave

Long Beach, CA 90808

Phone: 562-421-1836 Fax: 562-420-9101

Online ordering:

[http://www.abridgeclub.com/Videos_ & DVD.htm#Have%20Fun%20&%20Be%20Active](http://www.abridgeclub.com/Videos_&_DVD.htm#Have%20Fun%20&%20Be%20Active)



IV. National Contacts

American Academy of Pediatric Dentistry

211 East Chicago Avenue, Suite 700

Chicago, IL 60611

Phone: 312-337-2169

Web site: <http://www.aapd.org/>

American Academy of Pediatrics

141 Northwest Point Boulevard

Elk Grove Village, IL 60007

Phone: 847-434-4000

Web site: <http://www.aap.org/>

American Dietetic Association

120 South Riverside Plaza, Suite 2000

Chicago, IL 60606

Phone: 800-877-1600

Web site: <http://www.eatright.org>

Centers for Disease Control and Prevention

1600 Clifton Road

Atlanta, GA 30333

Phone: 404-639-3311

Web site: <http://www.cdc.gov/>

The Food Allergy & Anaphylaxis Network

11781 Lee Jackson Highway., Suite 160

Fairfax, VA 22033

Phone: 800-929-4040

Web site: <http://www.foodallergy.org/>

Food and Drug Administration

5600 Fishers Lane

Rockville, MD 20857-0001

Phone: 888-INFO-FDA

Web site: <http://www.fda.gov/>

Food and Nutrition Service *Child Nutrition Programs, Special Supplemental Nutrition Program for Women, Infants and Children (WIC), Supplemental Nutrition Assistance Program (SNAP), etc.*

3101 Park Center Drive

Alexandria, VA 22302

Phone: 703-305-2062

Web site: <http://www.fns.usda.gov/fns/>



Kids with Food Allergies, Inc.

73 Old Dublin Pike, Ste 10, #163

Doylestown, PA 18901

Phone: 215-230-5394 Fax: 215-340-7674

Web site: <http://www.kidswithfoodallergies.org/>

La Leche League International

PO Box 4079

Schaumburg, IL 60168

Phone: 800-LALECHE

Web site: <http://lalli.org/>

National Institute of Child Health and Human Development

PO Box 3006

Rockville, MD 20847

Phone: 800-370-2943

Web site: <http://www.nichd.nih.gov/index.cfm>

Zero to Three: National Center for Infants, Toddlers and Families

2000 M St. NW, Suite 200

Washington, DC 20036

Phone: 202-638-1144

Web site: <http://www.zerotothree.org>

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Food and Nutrition Information Center
Agricultural Research Service, USDA
National Agricultural Library, Room 105
10301 Baltimore Avenue
Beltsville, MD 20705-2351
Phone: 301-504-5719
Fax: 301-504-6409
TTY: 301-504-6856

Email: <http://www.nal.usda.gov/fnic/contact.shtml>

Web site: <http://fnic.nal.usda.gov>

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