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Always on the Alert!

Sometimes her unwillingness to eat can be the result of problems. While this will not often be the case, you need to pay attention. If she's not gaining weight, or if she seems sickly; if she's not feeding herself by age 15 months; or if she has ongoing health issues (cold symptoms, ear infections, skin conditions, or poor digestion and elimination), talk with your doctor.

Clean-up, Clean-up

You may be surprised that your two-year-old can help with household chores. Letting her clean up her own place at the table is a great way to get her involved in the business of being a family. She can take her plate and cup to the sink for washing and throw away her own napkin. Give her a damp rag and let her wipe down her place at the table and her chair. Even putting away the clean silverware is a fun learning experience. It teaches her to sort by shape and size. Just don't expect perfection and keep it light and fun. Remember you are dealing with a toddler and she is very likely to miss a spot or two.

Drinks

Don't let your toddler walk around with a sippy cup of juice or milk. If you want her to have access to a beverage, offer her water instead. If your toddler is not allergic to cow's milk, limit her intake to 20 ounces of whole milk per day. Don't substitute low-fat milk for whole milk ... your toddler needs the extra fat in whole milk for growth and development.

Warning Signs

Occasionally weird food habits can be an indicator of other issues. Please talk to your child's doctor if your child is:

- Not gaining weight, failing to thrive
- Unable to self-feed by 15 months
- Showing signs of a food allergy like runny noses, sneezing, coughing, or recurring ear infections, hives, or swelling of face or hands, or having diarrhea, gas, or vomiting after eating



If she has trouble drinking from a cup, a daytime bottle will ensure proper nutrition until she learns.

