Parent Tips

• Eat as a family. If you eat new, colorful and healthy foods, your toddler will, too.
• At mealtimes, use small plates, spoons and forks.
• Encourage them to feed themselves and choose how much to eat.
• Gagging and funny faces can be normal when you offer new textures and tastes.
• Expect picky eating, but do not offer replacements. Toddlers appetites change day to day.
• Don’t use food as a comfort or reward. Limit sweets, desserts and candy.
• For more information on picky eating, click here

You Provide, They Decide

Self-feeding table food:

• At each meal, serve vegetables first, when your toddler is most hungry.
• Half of the plate will be fruits and vegetables. The other half will be protein foods, such as fish, eggs, beans or meats, and whole grains, such as whole wheat bread and brown rice.
• If your toddler is hungry between meals, offer fruits and vegetables.

What should my toddler be drinking?

• If you are breastfeeding, continue to do so.
• Offer cups for all drinks.
• Milk or water for thirst.
• Juice and sweetened drinks are not necessary.

Try This!

• Offer a choice from 2 foods at meal or snack time. Let your toddler pick their fruit (apple or pear) and veggie (peas or carrots).
• It’s fun to mix breakfast, lunch and dinner foods, like eggs for dinner.
• Give small portions until you see how hungry they are. They’ll ask if they want more.

Sleep Advice

• Enjoy a calming sleep routine with low lights, a warm bath, and reading together.
• No food or screens before bed.
• Kids need about 12 to 14 hours of sleep each day.

*Beware of choking hazards (ask your healthcare provider).
Have You Noticed?

• Your toddler asks for the same foods over and over. This is normal. Your job is to **offer a wide variety of foods**.
• Your toddler is starting to imitate the things that you do.

Watching Your Child

• Every 12 to 24 month old toddler has temper tantrums. “No” is a big word.
• When your toddler has a meltdown, don’t react. Turn away for a few seconds. When they calm down, give them lots of attention.
• Talk quietly and listen to them, even if they babble. Use words to help them.

Fun at Mealtime

• **Meal times should be fun and messy.**
• Sit down and eat together.
• Share what you’re eating. Name things, say the colors and count.
• **Watch how they learn about food by playing.**

Be Active

• Your toddler is naturally active. They like walking, climbing and more. It is best for toddlers not to sit for more than 30 minutes.
• Play with your toddler each day.
• Limit activities with screens (TV, computers, tablets, video games and cell phones).

For more information about 2 years, click [here](http://ohioaap.org/projects/PMP).

Play with a Purpose
Make play everyday!

• **Talk** – Babbling is talking. Talk back and forth and smile.
• **Big muscles** (legs, back, arms) – At first, help them balance to pull up, walk and climb. Play games that make them run, jump, throw, kick and climb.
• **Hands and fingers** – Stack blocks or plastic cups, color, paint or use chalk; toss a soft ball, pull strings, and push toys.

Ohio AAP PMP Mobile App

Search Parenting at Meal and Playtime on Apple Store or Google Play

App Highlights...

• Physician-endorsed materials for parents to access on-demand
• Resources for parents organized by age
• Text reminders sent monthly and/or for age milestones
• Easy sign-up
• Videos on feeding, play, nutrition and more