Feeding Guidelines: 12-24 Months

Your child will not grow as rapidly during their second year of life and most toddlers become very selective eaters. Here are some feeding survival tips!

**Discontinue the bottle and all nighttime feedings.**

Focus on offering a “variety” of foods rather than a large “volume” of food. Portion sizes at this age are roughly the size of a half dollar. You can always offer seconds.

At meals, offer the solids first. *Don’t let them fill up on fluids.* Offer whole milk (about 12 – 24 oz per day) or water. We do not recommend exceeding 24 oz of milk per day due to the risk of iron deficiency anemia, poor appetite and constipation. *Avoid juice and fruit drinks.* Do not offer sugary cereals, chips, cookies, pastries, ice cream etc.

Have your child sit down at the table to eat or drink and do not let them get into the habit of eating while watching TV or playing. Do not use food as a reward.

Cut up all foods into tiny pieces. Do not give foods which are easy to choke on such as fruit snacks, raisins, popcorn, hotdogs, etc.

Find ways for your toddler to help you in the kitchen, such as letting them rinse the fruits and vegetables. Make fun foods (sandwiches with vegetable or fruit faces etc.).

If your child is a very picky eater you can offer a liquid vitamin daily. They will absorb the vitamin better if given with water or a little juice (instead of with milk).

You should brush your child’s teeth twice a day. You do not need to use toothpaste until they are able to spit.

We recommend limiting the pacifier to sleep time only and weaning your child completely off the pacifier by age 2.