Feeding guidelines: 12 to 24 months

At age 12 to 24 months, most toddlers become selective eaters. Your child will not grow as rapidly this second year of life. 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 roughly are the size of a half dollar. You always can offer a second helping.

- At meals, offer solid foods first. Do not let your child fill up on liquids. Offer whole milk (about 16 ounces per day) or water. Avoid juice and fruit drinks. Do not offer snacks such as sugary cereals, chips, cookies, pastries or ice cream.

- Avoid nuts, peanuts and peanut butter until after age 2. Cut up all foods into tiny pieces. Do not give foods that are easy to choke on such as fruit snacks, raisins and hotdogs.

- Find ways for your toddler to help you in the kitchen. Let your child help rinse the fruits and vegetables. Make fun foods such as sandwiches with vegetable or fruit faces. Have your child sit down at the table to eat or drink, and do not let your child get into the bad habit of eating and watching TV at the same time. Do not use food as a reward.

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

- You should start getting your child into the habit of brushing his or her teeth twice a day. You do not need to use toothpaste until your child is able to spit it out.