



Early Intervention Clearinghouse

<http://eiclearinghouse.org>

Summer 2014 • Volume 27, Issue 2



Nurture Your Child's Nutrition

Many children seem to develop food aversions or become “picky eaters.” It is important to keep offering your child healthy choices and encouraging them to try new foods. Where your child lies on the under-nourished to well-nourished eating timeline can have a strong effect on their health status as well as their ability to learn, communicate, socialize effectively, and adapt to new environments and people. Good nutrition is the first line of defense against numerous childhood diseases, which can leave their mark on a child for life.

How often have you heard the phrase “You are what you eat”? What does that *really* mean for your children? The food we eat not only supplies calories for energy, it provides the building blocks for a healthy mind and body. The first three years are critical for all areas of development. Proper nutrition supports physical growth and health, laying a healthy foundation for the future.

Infants from birth to 6 months receive all of their nutrients either from breast milk or formula. There is typically no need to supplement unless it is recommended by your child’s doctor or a dietician. As your child grows and is ready for solid foods, you may have questions. What comes first? How do I do this? How do I know my child is eating enough, but not too much? How much is too much?

Here are five important ideas to remember about the food you eat and serve to your children:

Safety: Watch out for foods that may cause choking, including hot dogs, chips, nuts, seeds, popcorn, raisins, grapes, cherries, marshmallows, pretzels, peanut butter, and hard candy

Patience: Grow and make food together. Even toddlers can help to pour ingre-

Four Pieces to a Healthy Diet

BALANCE: Be sure that your child gets enough, but not too much, of each type of food.

VARIETY: Offer a wide selection of foods within each food group.

MODERATION: Limit the intake of foods high in added sugars, salt, saturated and trans fats, and cholesterol.

ADEQUACY: Ensure the foods provide enough energy and nutrients to meet your child’s dietary needs.

IN THIS ISSUE

Nurture Your Child's Nutrition	1
.....	
Food Fun Plus	2
.....	
eBooks Are Here!	2
.....	
Resources for Healthy Feeding and Nutrition	3
.....	
Illinois Calendar	4
.....	

Please see **NUTRITION, Page 2**

Food Fun Plus

Here are some quick and easy recipes plus add-ins to fit any appetite.

Variations on a Quesadilla

The Basics

Tortillas
Shredded cheese
(any flavor)

Add-ins

Black beans
Tomatoes
Onions
Shredded chicken or ham
Pesto
Salsa for dipping

Place tortillas on a lightly greased baking pan. Arrange ingredients on tortilla and cover with a second tortilla. Press together and lightly spray tops with oil. Bake at 350 degrees for 8–10 minutes, flipping after 4 minutes. Cut into slices and serve with salsa or other dipping sauce.

Variations on Ravioli Lasagna

The Basics

3 cups pasta sauce
1 large package frozen
cheese ravioli
3 cups shredded
mozzarella cheese

Add-ins

Mushroom or beef ravioli
Mushrooms
Spinach
Browned ground beef
Enchilada sauce
Salsa
Frozen corn
Cheddar cheese

Cover bottom of 9-inch-by-13-inch pan with a thin layer of sauce. Layer ingredients in the pan and top with sauce and cheese. Bake at 375 degrees for 25–30 minutes or until cheese is browned and edges of dish are bubbling.

Source: Parents Need to Eat Too by Debbie Koenig

eBooks Are Here!

You can now check out and download eBooks instantly, using the 3M Cloud Library app on most devices. To do this, you simply need to follow these four steps:

1. Contact us at (877) 275-3227 to get your log-in information.
2. Install the appropriate app for your device.
3. Log in using your library card number and PIN number (provided to you in Step 1).
4. Search for and check out your desired book.



That's it. For more detailed instructions and a downloadable instruction sheet, please visit the Illinois Early Intervention Clearinghouse Web site.

Nutrition Services in EI

Nutrition services in early intervention are provided by licensed dietitian nutritionists. These services can include:

1. Conducting individual assessments in nutritional history and dietary intake, feeding skills and feeding problems, and food habits and food preferences.
2. Developing and monitoring appropriate plans to address the nutritional needs of eligible children based upon individual assessment.
3. Making referrals to appropriate community resources to achieve individual planned nutrition outcomes.

Integral to these services is family training, education, and support to help the family understand the special nutritional needs of the child and enhance the child's development.

NUTRITION

Continued from Page One

dients into a mixing bowl. Eat together. Focus on the meal and each other. New foods can take time for children to accept. Present them multiple times and your kids might start asking for them.

Independence: Young children can serve themselves, with your supervision. An appropriately sized serving utensil can help with portion control.

Creativity: Arrange food in shapes on the plate or use kabob sticks. Provide dipping sauce for vegetables or fruit. Garlic or parmesan cheese can be sprinkled on top.

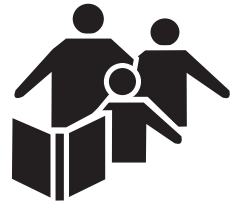
Education: Food labels tell the story about the food you eat. Nutrition information on the labels is written for one serving, but more than one serving may be in the container. You can find nutrient, fat, sodium, and carbohydrate content on the label, along with vitamins and minerals. Fresh foods have no labels, but a small amount can provide a large dosage of vitamins and minerals.

In 2011, the U.S. Department of Agriculture revised its nutrition guidelines. The new ChooseMyPlate.gov provides a visual guide to portion size for fruits, vegetables, grains, protein, and dairy at each meal. If your child does not eat the exact amount of food suggested, do not be concerned. Appetites vary from day to day. As long as healthy options are provided, your child should get a balanced diet over time.

So, are we what we eat? Of course not. But the food we eat and provide for our children really does make a difference over the long term. With a bit of planning, creativity, and patience, you can provide healthy foods for you and your child.

Facing Food Challenges One Plate at a Time

Even the healthiest meal won't do any good if a child won't eat a single bite. For a variety of reasons, some children are picky eaters. Sometimes children don't like certain textures, colors, shapes, or tastes. Some children simply refuse to try new foods. Whatever the reason for the food challenges at your dinner table, try some of these techniques to add variety and more substance to your meals.



- Try varying foods within food groups. If your child refuses specific foods from one food group, try others from the same food group. For example, you could try
 - red, yellow, or orange vegetables instead of green vegetables.
 - lean beef, turkey, fish, or pork instead of chicken.
 - yogurt, low-fat flavored milk, or a milk and fruit smoothie instead of low-fat milk.
- Add additional nutritional value to some prepared dishes with extra ingredients. Add nonfat dry milk or nonfat plain yogurt to cream soups, milk shakes, and puddings. Mix grated zucchini, carrots, or puréed pumpkin into quick breads, muffins, meat loaf, lasagna, and soups.
- Serve a food your child enjoys along with a food that she has refused to eat in the past. Encourage alternating bites or even a “mixed bite” that includes a bit of both foods.
- Continue serving less desired food, not just the favorites. It may take many tries before a child likes it.
- Make mealtime fun. Cut foods into interesting shapes. Create a smiling face on top of a casserole with cheese, vegetables, or fruit strips.
- Model the eating behavior you would like to see your child have. Set a good example by eating well yourself. Ideally, eat at least one meal together as a family every day or try for three to four times per week.
- Try food masking—covering a new food with a condiment or sauce that your child is already familiar with and likes, such as cheese sauce, ketchup, or ranch dressing.
- Develop a routine by having all your meals about the same time every day and in the same place. Regulating your child's diet will ensure that he is hungry at meal times and will be more likely to eat the food presented to him.
- Get rid of distractions by turning off the television and other devices during meals, not allowing toys at the table, and minimizing table decorations (children can turn anything into a toy).

Note: The amount of food and number of servings children need daily from each food group depends on their age and how active they are. Some parents worry because young children seem to eat small amounts of food, especially when compared with adult portions. Don't worry about how little a child eats. A child who is growing well is getting enough to eat. If you are concerned, talk with your child's doctor.



For more information on child nutrition, see the Illinois Early Intervention Clearinghouse Web site at <http://eicclearinghouse.org>.

Any opinions, findings, conclusions, or recommendations expressed in this publication are those of the author(s) and do not necessarily reflect the views of the Illinois Department of Human Services, Bureau of Early Intervention.

Funded by the Illinois Department of Human Services
Bureau of Early Intervention



Illinois
Early Intervention
Clearinghouse

Illinois Early Intervention Clearinghouse
Early Childhood and Parenting Collaborative
University of Illinois at Urbana-Champaign
Children's Research Center
51 Gerty Dr. • Champaign, IL 61820-7469
Telephone: 217-333-1386
Fax: 217-244-7732
Toll-free: 877-275-3227
Email: Illinois-eic@illinois.edu



Resources for Healthy Feeding and Nutrition

Books

The Cleaner Plate Club. Beth Bader and Ali Benjamin. Storey, 2010. (Call # WB 405 .B1416 2010)

This humorous book, written by two working moms, offers parents suggestions and tips to get kids to eat healthier food, includes cooking instructions and more than 100 kid-tested recipes.

Food Chaining: The Proven 6-Step Plan to Stop Picky Eating, Solve Feeding Problems, and Expand Your Child's Diet. Cheri Fraker. Marlowe, 2007. (Call # WS 130 .F812 2007)

Fraker and other authors in this book provide a system for treating feeding problems through focusing on the sensory aspects of food such as taste, texture, and temperature. The book also includes sections on food allergies and options for children with specific special needs.

Nutrition: What Every Parent Needs to Know. William H. Dietz and Loraine Stern (Eds.). American Academy of Pediatrics, 2012. (Call # WS 115.D5681 2012)

This book provides parents with information and strategies to meet the dietary needs of their children and includes charts to help parents determine if their child is overweight, too thin, or too small.

Videos

I'm Not a Baby Anymore: Tips for Feeding Toddlers. 12-minute DVD. Lemon-Aid Films, 2004. (Call # WS 130 .I31 2004)

This video provides the parents of typically developing infants with basic information on feeding and nutrition for toddlers.

Tube Feedings Are Mealtimes, Too! 17-minute DVD or video-cassette tape. Mealtime Notions, 2003. (Call # WB 410 .K64tu 2003)

This video uses demonstrations to introduce the parents of infants and young children to the process of tube feedings.

Evaluation of Pediatric Feeding and Swallowing. 133-minute DVD and self-study guide. American Speech-Language-Hearing Association, 2008. (Call # WS 130 .E92 2008)

This guide and DVD by Joan C. Arvedson is a self-study publication to be used for continuing professional development. It includes video examples of evaluation, worksheets, and parent handouts.

Articles

Picky Eating Habits or Sensory Processing Issues? Exploring Feeding Difficulties in Infants and Toddlers. Stacy D. Thompson, Deborah A. Bruns and Kari W. Rains. (2010). *Young Exceptional Children*, 13(2), 71–85.

This article discusses how sensory processing issues can affect the feeding behavior of infants and toddlers. The article



provides strategies for assessment and treatment as well as additional resources.

An Overview of Pediatric Dysphagia. Jane E. Prasse and George E. Kikano. (2009). *Clinical Pediatrics*, 48(3), 247–251.

This article provides a review of symptoms, causes, and available resources to aid in the identification and treatment of swallowing difficulties in young children.

Feeding Problems in Children with Autism Spectrum Disorders: A Review. Jennifer R. Ledford and David Gast. (2006). *Focus on Autism and Other Developmental Disabilities*, 21(3), 153–166.

This review gathers current research on the types of feeding problems and interventions used with children with ASD.

Web Resources

Meal Time Notions

<http://mealtimenotions.com/>

This Web site, created by Marsha Dunn Klein, contains tips, parent stories, articles, and other resources for parents and professionals who feed infants and young children with special feeding challenges.

Ellyn Satter Institute

<http://ellynsatterinstitute.org/>

Author of several books on feeding and mealtimes, Satter's Web site contains information for parents of typically developing infants and young children.

Illinois Early Intervention Clearinghouse

Early Childhood and Parenting Collaborative
University of Illinois at Urbana-Champaign
Children's Research Center
51 Gerty Drive
Champaign, IL 61820-7469

Illinois Calendar

October 18, 2014

Champaign

disABILITY Resource Expo: Reaching Out for Answers

Contact: Barb Bressner,
bbressner@att.net

<http://disabilityresourceexpo.org>

November 15, 2014

Jacksonville

Conference for Parents of Children with Hearing Loss

Contact: Mary Smith, mk-smith@wiu.edu
(217) 602-0124

<http://www.illinoisdeaf.org/Outreach/ISDOutreach.htm#Tab1>

November 19, 2014

Chicago

Understanding Autism Workshop

Contact: RCADDSouth@gmail.com
(312) 747-8311

<http://rcaddsouth.eventbrite.com>

Illinois Early Intervention Clearinghouse



Early Childhood
& Parenting
Collaborative
College of Education
University of Illinois at Urbana-Champaign
Children's Research Center
51 Gerty Drive
Champaign, IL 61820-7469
Phone: 877-275-3227 (in Illinois)

Director: Susan Fowler
Editor: Kevin Dolan
Contributors: Sarah Isaacs,
Jill Tompkins, & Melissa Houghton

Opinions expressed in *Early Intervention* are the responsibility of the author and are not necessarily those of the Illinois Department of Human Services or the University of Illinois at Urbana-Champaign.

Early Intervention (ISSN 1058-8396) is published quarterly.

Follow us on Facebook and Twitter!

Receive regular updates on library news, resources on the Web, and materials at our library.

 @eiclearinghouse

 Facebook.com/
eiclearinghouse