

TODDLERS GROWTH-DEVELOPMENT-NUTRITION NEEDS



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GROWTH PATTERNS OF TODDLERS



- ❑ BETWEEN 15 TO 18 MONTHS THE ANTERIOR FONTANEL CLOSES
- ❑ ADULT HEIGHT IS USUALLY DOUBLE THE CHILD'S HEIGHT AT 2 YEARS OF AGE
- ❑ AT 30 MONTHS THE BIRTH WEIGHT IS QUADRUPLED

- **GROWTH SLOWS CONSIDERABLY DURING THE TODDLER YEARS**

- AVERAGE WEIGHT GAIN PER YEAR 4 TO 6 POUNDS
- HEIGHT INCREASES ABOUT 3 INCHES PER YEAR
- HEAD CIRCUMFERENCE INCREASES 1 INCH BETWEEN 12 AND 24 MONTHS AND THEN LESS THAN A ½ INCH BETWEEN 2 TO 3 YEARS OF AGE



DEVELOPMENTAL MILESTONES ASSOCIATED WITH FEEDING TODDLERS 12 – 18 MONTHS OF AGE

- DROOLS LESS
- DRINKS FROM A CUP WITH A LID BUT MAY DROP IT WHEN FINISHED
- HOLDS CUP WITH BOTH HANDS
- BEGINS TO USE SPOON BUT TURNS IT BEFORE REACHING MOUTH
- GENERALLY BETWEEN 12 AND 15 MONTHS OF AGE, A TODDLER WILL BE READY TO GIVE UP THEIR BOTTLE

DEVELOPMENTAL MILESTONES ASSOCIATED WITH FEEDING TODDLERS 24 MONTHS OF AGE

- CAN USE A STRAW AND A CUP
- CHEWS FOOD WITH MOUTH CLOSED AND SHIFTS FOOD IN MOUTH
- DISTINGUISHES BETWEEN FINGER AND SPOON FOODS
- USES SPOON CORRECTLY WITH SOME SPILLING



FOOD PREFERENCES



FOOD PREFERENCES ARE TYPICALLY ESTABLISHED BY 2 YEARS OF AGE, WHICH WILL AFFECT FOOD CHOICES FOR THE REST OF THE CHILD'S LIFE.

CHILDREN WHO HAVE BEEN EXPOSED TO LIMITED VARIETY OF FOOD TEND TO BE HEAVIER THAN CHILDREN WHO HAVE BEEN EXPOSED TO A GREATER VARIETY OF FOOD BY THIS AGE.

DEVELOPMENTAL MILESTONES ASSOCIATED WITH FEEDING TODDLERS 36 MONTHS OF AGE

- BEGINS TO USE FORK
- HOLDS UTENSILS WITH A FIST
- SPILLS JUST A LITTLE WHEN EATING FROM A SPOON
- USES ADULT PATTERN OF CHEWING WHICH INVOLVES, ROTARY ACTION OF THE JAW



NUTRITIONAL NEEDS OF A TODDLER

1. TODDLERS HAVE HIGH NUTRIENT NEEDS AND RELATIVELY LOW ENERGY REQUIREMENTS.
2. THEIR VITAMIN AND MINERAL REQUIREMENTS INCREASES SLIGHTLY DURING TODDLERHOOD.
3. FROM 12 TO 18 MONTHS THE GROWTH RATE SLOWS AND THE CALORIC NEEDS DECREASE FROM 50 KCAL/LB. TO APPROX 46 KCAL/LB.
4. DAILY FLUID NEEDS ARE 1.75 OZ./LB.
5. TODDLERS EAT AN AVERAGE OF 7 TIMES A DAY.
6. SNACKS COMPRISE ABOUT 25% OF THEIR DAILY INTAKE.

FEEDING HABITS BETWEEN 15 TO 24 MONTHS

1. BY 15 MONTHS THE TODDLER IS CAPABLE OF SELF-FEEDING FIRMER TABLE FOODS AND DRINKING FROM A SIPPY CUP WITHOUT HELP.
2. BY 18 MONTHS APPETITE HAS DECREASED RELATED TO DECREASED RATE OF GROWTH
3. SUPPORTING SELF-FEEDING DURING ESTABLISHED MEAL/SNACK TIMES ENCOURAGES THE MASTERY OF SELF-FEEDING SKILLS.
4. PICKY EATING MAY SURFACE BETWEEN 19 TO 24 MONTHS

FEEDING HABITS OF A 2 YEAR OLDS

- 2 YEAR OLDS START TRANSITIONING TO MORE ADULT LIKE FEEDING.
- BY AGE 2, MOST CHILDREN ARE EATING THE SAME FOOD AS THE REST OF THE FAMILY WITH MODIFICATIONS TO PREVENT CHOKING AND GAGGING.
- 2 YEAR OLDS ARE CHARACTERISTICALLY RESISTANT TO NEW FOODS (NEOPHOBIC)
- IT IS REASONABLE TO HAVE A 2 YEAR OLD SIT AT THE TABLE FOR 15 MINUTES BEFORE ALLOWING THEM TO GET DOWN.



DECREASE FAT INTAKE AT 2 YEARS

- ❑ CONTINUED HIGH FAT INTAKE IS NO LONGER NEEDED FOR RAPID BRAIN GROWTH AND MYELINATION OF THE NERVOUS SYSTEM.
- ❑ AT AGE 2, FAT INTAKE SHOULD BE NO LESS THAN 20% AND NO MORE THAN 30% OF THEIR TOTAL CALORIC INTAKE.
- ❑ CALORIES FROM HIGH FAT FOODS DISPLACE NUTRIENT DENSE FOODS.



MORE FEEDING HABITS OF TODDLERS

1. FOOD JAGS GENERALLY ARE COMMON DURING THE TODDLER YEARS.
2. RITUALISM OF THIS AGE CAN DICTATE FEEDING [I.E. MAY ONLY EAT FOOD OUT OF THEIR FAVORITE DISH OR DRINK FROM THEIR FAVORITE CUP OR THEY MAY NOT EAT FOOD IF FOOD IS TOUCHING ON THEIR PLATE].
3. APPETITE AND FOOD PREFERENCES ARE SPORADIC AT THIS AGE.
4. YOUNG CHILDREN EASILY DEVELOP PREFERENCE OF SWEET, ENERGY RICH FOODS.

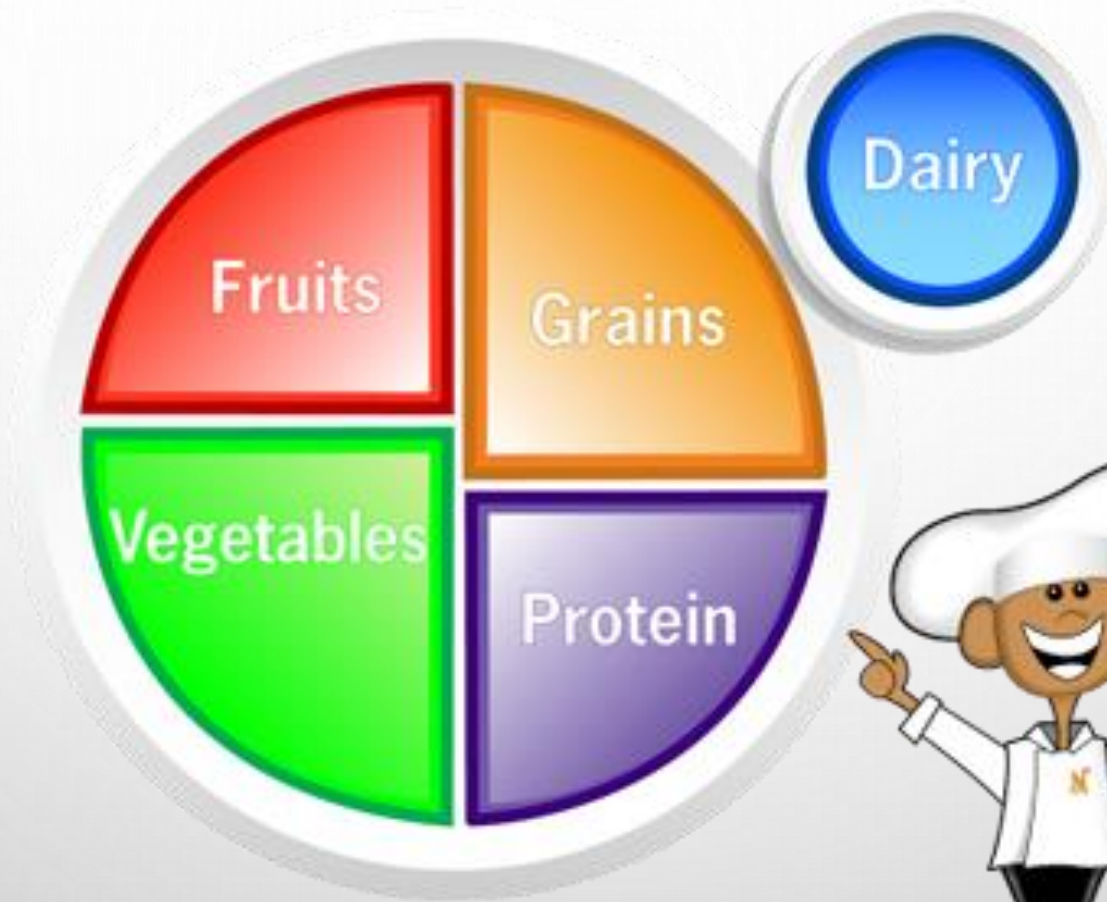
TODDLERS ARE SENSITIVE TO THEIR APPESTAT

- ❑ TODDLERS ARE ABLE TO SELF-REGULATE ENERGY INTAKE, TO MEET THEIR CALORIC NEEDS.
- ❑ TODDLERS DO NOT HAVE AN INNATE ABILITY TO CHOOSE A WELL-BALANCED DIET.
- ❑ SUPPORTING SELF-FEEDING DURING ESTABLISHED MEAL/SNACK TIMES ENCOURAGES THE MAINTENANCE OF SELF-REGULATION OF ENERGY INTAKE.
- ❑ AN APPESTAT CAN MALFUNCTION WHEN YOUNG CHILDREN ARE FORCED TO EAT, OR FEED PREDOMINANTLY CALORIE-DENSE, NUTRIENT-DEFICIENT FOODS, OR STARVED.

STANDARD AMERICAN DIET **[SAD]** FOR TODDLERS



- ❑ APPROXIMATELY 1/3 OF 2 YEAR OLDS DON'T EAT FRUITS OR VEGETABLES, OTHER THAN JUICE.
- ❑ FRENCH FRIES ARE THE MOST COMMONLY CONSUMED VEGETABLE AMONG 2 YEAR OLDS.
- ❑ YOUTH BETWEEN 2 AND 18, GET 40% OF THEIR CALORIES FROM EMPTY CALORIE FOODS LIKE SUGAR AND HFCS AND SOLID FATS.
- ❑ THIS CONTRIBUTES TO NUTRIENT DEFICIENCIES.



LIFETIME EATING HABITS ARE ESTABLISHED IN EARLY CHILDHOOD

THESE EATING HABITS WILL HAVE A HUGE IMPACT ON THE CHILD'S QUALITY OF HEALTH FOR THE REST OF THEIR LIFE!!

1. OFFER A LARGE VARIETY OF FOODS AND FLAVORS, BECAUSE THIS IS THE TIME PERIOD THAT THEY DEVELOP FOOD TASTE PREFERENCES.
2. DO NOT FORCE CHILDREN TO EAT FOODS THAT THEY ARE RELUCTANT TO EAT.
3. DO NOT BRIBE CHILDREN TO EAT.
4. DO NOT USE FOOD AS A REWARD, ESPECIALLY CALORIE-DENSE, NUTRIENT-DEFICIENT, HIGH-FAT AND SWEET FOODS.

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL THE STAFF
AT POSITIVE PATTERNS FOR LIFE, LLC WHAT
YOU LIKED ABOUT THIS EDUCATIONAL
HANDOUT. GO TO THE CONTACT PAGE
ON OUR WEBSITE AND SEND A MESSAGE
TO THE STAFF.

THANK YOU FOR YOUR TIME!

