

Feeding: a parent's perspective

The bottle doesn't seem enough anymore – he's a big baby for 10 weeks. I think I should put an extra scoop of milk in the bottle.

She screams if I don't give her a bottle, she just throws the beaker at me.

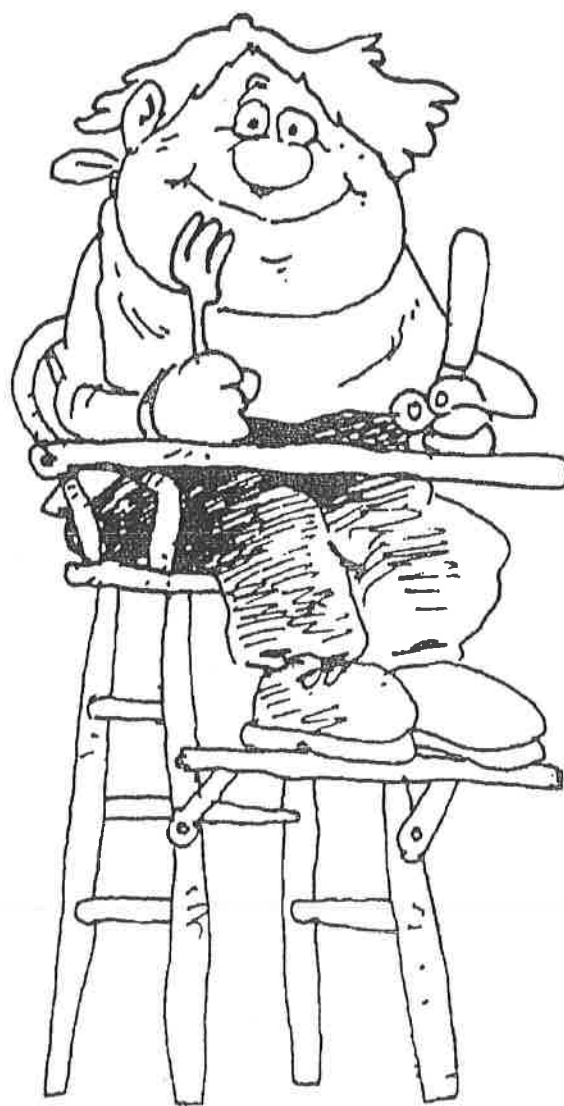
Every time I give him lumpy food he just gags, I don't know if I should go back to puréed food.

He keeps making himself sick and I panic in case he's going to choke.

If I give her the spoon she just makes a mess everywhere.

Nursery says he eats everything they give him, but at home he only eats chocolate biscuits and crisps.

I'm worried he's not eating enough healthy food.



Here are some useful ideas to think about when it comes to mealtimes

Tips for toddlers

Eating together regularly as a family can offer your child an enjoyable social experience.

Presentation is important. Colourful plastic plates and cups of contrasting colours.

Adults are conditioned to eat three meals a day. Children will eat when they are hungry.

If your child is clearly not interested after about 20 minutes take the food away without comment. Offer the food again later when your child shows signs of hunger.

Encourage and praise your child even if a small amount is eaten. Do not make a fuss if a small amount of food is left.

Avoid filling up on biscuits and sweets as snacks or drinking too much milk.

Food should never be used as a reward or punishment. For example food used as a bribe may devalue the food you are trying to encourage your child to eat.