

Women's & Children's Hospital

Tucker for Toddlers



A guide to healthy eating for 1–3 year olds



**Government
of South Australia**
SA Health



Women's
& Children's
Hospital

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The toddler years are a time for learning. Toddlers are learning about new foods at a time when long term eating patterns are being created. Teaching your toddler healthy eating habits can help them grow up to be healthy adults.

This booklet provides nutrition information and advice for parents and carers of toddlers (1–3 year olds). Share this booklet with your family, which may include grandparents, aunts and uncles. This booklet is a guide only. If you are worried about your child's eating or health, please contact your child and family health nurse or doctor.

What is 'normal' toddler eating?

It is normal for toddlers to be less interested in food than they were as babies. Here are some reasons why:

Toddlers grow more slowly than babies

Children grow less in the second year of life. In the first 12 months, babies grow very fast. As toddlers aren't growing as quickly, their appetite often drops. This is normal and does not mean your child is being difficult or is unwell – they just aren't as hungry because they aren't growing as quickly!

Toddlers have small appetites

We sometimes have unrealistic ideas about how much a toddler should eat. Toddlers have small tummies and appetites. They need small, regular meals and snacks. Three small meals and two or three healthy snacks per day are enough for most toddlers. Children are good at knowing when they are hungry and when they are full. They can easily lose this skill if they are pushed to eat more than they want to or are forced to finish everything on their plate.

Toddler's appetites vary

It is normal for a toddler's appetite to vary from day to day and even from meal to meal. If they don't eat much at a meal or snack, the next time to eat is not far away.

Toddlers want to be independent

The world is a big place, especially for a toddler. Eating is one of the few things that a toddler can control so it is not surprising that they like to say 'no' to food – this is normal!

Toddlers are developing their big and small movement skills

Toddlers are learning new skills all the time. As they get better at moving around they want to spend more time exploring their world. Sometimes there are just more exciting things to do than eat!



Ten tips for happy meal times

1. Let toddlers decide how much to eat

- > Children are very good at knowing how much they need to eat.
- > Children do not know which foods are good for them – offer them a variety of healthy foods to choose from.
- > It is normal for a toddler's appetite to vary from day to day and even meal to meal.
- > Healthy children will eat when they are hungry and usually not before.
- > Research shows that most toddlers, even 'fussy eaters', are eating enough to meet their needs.
- > A healthy child who refuses food is not hungry and therefore doesn't need food.
- > A healthy child will not starve themselves by refusing food.

Parents and carers need to decide what type of food is offered and *when* it is offered. It is up to the child to decide *how much* to eat.

2. Make food and eating fun

- > Try to keep meal times relaxed and happy.
- > Be prepared for mess – this is a normal part of toddler eating.
- > Eat meals together as often as possible.
- > Try to serve meals and snacks in a fun, attractive way.
- > Talk about flavour, taste, where the food came from or how it was prepared.
- > Let your toddler get involved – growing fruit and vegetables, shopping or simple food preparation.

3. Be patient and calm

- > Remove any uneaten food without commenting – assume that your toddler has had enough to eat.
- > The less fuss you make about food the better.

4. Provide healthy meals and snacks at regular times

- > Plan your meals and snacks ahead of time.
- > Offer food before your toddler gets too tired or hungry.
- > Don't worry if your toddler refuses a meal or snack – the next meal or snack won't be far away.
- > Snacks should be healthy – too many unhealthy snacks may mean toddlers aren't hungry for healthy foods.

5. Offer small serves

- > A plate piled high with food can put a toddler off eating – offer a small serve first.
- > Allow toddlers to choose how much they want to eat – they can always ask for more!
- > Toddlers are good at knowing how much to eat – don't force them to eat everything on their plate.

6. Toddlers like choice too

- > Toddlers should be allowed to choose their own food sometimes – allow them to choose between two foods.
- > If they have made a choice and refuse to eat it, don't make them another meal – wait until the next meal or snack time.

7. Keep offering new foods

- > Toddlers may need to try a food ten times or more before they like it.
- > Offer small amounts of a new food.
- > Offer new foods with foods they already like.
- > Try changing the look, taste or texture of food for variety e.g. corn on the cob or mixed peas and corn.
- > Set a good example – show your toddler that you and your family enjoy eating a range of healthy foods.
- > Avoid talking about your own likes and dislikes in front of your toddler.

8. Fads are normal

- > Many toddlers have times when they only want to eat a few foods – this is normal and won't last forever.
- > Try to ignore fads, be patient and continue to offer a range of foods.

9. Remove distractions

- > Most toddlers are easily distracted – turn off the TV, put pets outside and tidy away toys so they can focus on the meal.

10. Avoid negative food messages

- > Don't talk about foods as 'good' or 'bad' – teach your toddler that some foods are for 'everyday' and others are for 'sometimes'.
- > 'Everyday' foods from the five food groups (see pages 6–7) should make up most meals and snacks. 'Sometimes' foods (e.g. cake, biscuits, cordial and lollies) should be eaten less often.
- > Avoid using food for rewards, bribes and punishment – these can teach a child to use food as a way of getting what they want.



What should toddlers eat and how much?

It is important to offer your toddler a range of foods, choose foods from the five food groups as described in the table below. The number of serves will give you an idea of how much your child should eat. This is a guide only, remember, appetites vary from child to child and from day to day!

Example of one serve		
Grain (cereal) foods 4 serves per day	<ul style="list-style-type: none">> 1 slice bread> ½ medium roll or flatbread> 1 crumpet or English muffin> 3 large plain cracker biscuits> 2 breakfast biscuits e.g. Weetbix> ⅔ cup breakfast cereal flakes or ¼ cup muesli> ½ cup cooked porridge> ½ cup cooked rice, pasta, noodles or quinoa	<p>Choose wholemeal / wholegrain products where possible</p> <p>When comparing breakfast cereals choose those with less added sugar (compare using the total sugar per 100g column on the nutrition panel for each cereal)</p>
Vegetables and legumes/beans Minimum 2½ serves per day	<ul style="list-style-type: none">> 1 cup salad> ½ cup cooked green or orange vegetables> ½ medium potato or other starchy vegetable (e.g. sweet potato)> ½ cup cooked dried or canned beans, peas or lentils (e.g. baked beans)> 1 medium tomato> ½ cup sweetcorn	<p>Offer a variety of vegetables of different colours each day.</p> <p>Vegetables and legumes contain different minerals, vitamins and protective factors for good health and development.</p>

Example of one serve		
Fruit Minimum 1 serve per day	<ul style="list-style-type: none"> > 1 medium apple, banana, orange or pear > 1 slice melon or 2 small fruits (e.g. kiwi, apricots, plums) > 1 cup diced or canned fruit (no added sugar) <p>Or only occasionally:</p> <ul style="list-style-type: none"> > $\frac{1}{2}$ (125ml) cup fruit juice (no added sugar) > 30g dried fruit (e.g. 4 dried apricot halves, 1 $\frac{1}{2}$ tablespoons sultanas) 	<p>Fresh fruit is a better choice than fruit juice and dried fruit.</p> <p>Hard, raw fruit such as apple should not be given to young children as they are at risk of choking (see page 20).</p>
Milk, yoghurt, cheese and/or alternatives Minimum 1 $\frac{1}{2}$ serves per day	<ul style="list-style-type: none"> > 1 cup (250ml) milk or a breastfeed > 1 cup (250ml) calcium fortified soy milk > $\frac{3}{4}$ cup (200g) yoghurt > $\frac{3}{4}$ cup (200g) custard > 2 slices of cheese (40g) or $\frac{1}{2}$ cup grated or ricotta cheese 	<p>Children less than 2 years of age should have full cream milk and milk products. They need the extra fat for their growth and development.</p> <p>After 2 years of age children can drink reduced fat milks with the rest of the family.</p>
Lean meat, poultry, fish, eggs, nuts and seeds and legumes/beans Minimum 1 serve per day	<ul style="list-style-type: none"> > 2 thin slices of cooked lean meat, chicken or turkey > $\frac{1}{2}$ cup cooked stew, casserole or mince > 2 thin slices of ham or beef > 2 eggs > 1 cup cooked dried or canned beans, peas or lentils (e.g. baked beans) > 2 fish fingers or 1 sausage (occasionally only) > 1 small cooked fish fillet (100g) or 1 small can of fish (e.g. tuna) > 1$\frac{1}{2}$ tablespoons nut or seed paste (e.g. peanut, almond or tahini). 	<p>Choose lean meats, trim excess fat and cook in minimal amounts of fat.</p> <p>Do not give whole nuts, seeds or other similar foods to young children as they are at risk of choking (see page 20).</p>

Breastmilk

As long as you and your toddler are enjoying breastfeeding, don't be in a rush to give it up. Most toddlers can manage three small meals as well as snacks and breastfeeds. A toddler should not need to be breastfed overnight. If your toddler is not interested in eating food it may be because they are filling up on too much breastmilk. This can lead to them missing out on important nutrients. If needed you can cut back on the number of breastfeeds. Start by skipping the feed your toddler seems least interested in.

If you would like further information about breastfeeding speak to your child and family health nurse, doctor or visit the Australian Breastfeeding Association website: www.breastfeeding.asn.au

Milk

Plain cow's milk can be offered as a drink from one year of age. Toddler milk (also known as toddler formula) is usually not needed. A toddler who is eating from all the food groups does not need to drink toddler milk.

Toddlers less than two years of age should have full cream milk. After two years of age children can drink reduced fat milks with the rest of the family. Your toddler should not need milk overnight.

Soy milk can be used instead of cow's milk if preferred. Choose soy milk that has added calcium (at least 100mg calcium per 100g). Rice milk is very low in protein and should not take the place of cow's milk, soy milk or breast milk.

It is best to offer milk in a cup. Limit milk to 500mls per day. Too much milk can fill toddlers up and make them less hungry for food. This can make meal times difficult. It can also mean that toddlers miss out on important nutrients.

Water

Tap water is healthy, freely available and helps protect against tooth decay. Most children enjoy water if they get into the habit of drinking it from a young age. Start by setting a good example yourself and always have water available for the whole family.

Toddlers need to learn to drink from a cup. Water, breast milk or a small amounts cow's milk can be offered in a cup from six months of age.

Fruit juice, cordial and other drinks

Fruit juice, cordial and sweetened drinks (e.g. soft drink) are not needed. Only offer them on special occasions and resist having them in the house.

Drinking too much juice can give toddlers runny, loose poos (toddler diarrhoea). It can also cause tooth decay and excess weight gain. If you choose to give your toddler juice, dilute one part juice to three parts water. Don't give your toddler more than one small glass (125ml) of diluted juice each day with a meal. If you are giving your toddler juice, always offer it in a cup, not a bottle.

Tea and coffee should not be given to children. They are low in nutrition and high in caffeine. Caffeine can make it difficult for the body to absorb iron and may cause sleeping problems.

The only drinks toddlers need for good health are water (tap water is best) and milk (a maximum of 500ml per day).

When should I start using a cup instead of a bottle?

Children who drink from a bottle for too long have a higher chance of tooth decay and ear infections. It may also reduce their appetite for foods. This can lead to poor nutrition (such as low iron).

Drinking from a cup is an important skill for babies and toddlers to learn. Babies can start practising drinking from a cup from around six months of age. Offer small amounts of tap water in a cup.

When your child starts drinking normal cow's milk at 12 months of age, use a cup. A bottle is not needed.

What about iron?

Iron is needed to carry oxygen around the body. Iron deficiency anaemia (low iron) is common in children. It can cause tiredness, irritability and loss of appetite. If toddlers drink too much milk they may eat less food, including iron rich foods. Therefore, too much milk may cause low iron levels.

The best sources of iron are: beef, lamb, liver, pork, chicken, turkey and fish.

Other sources of iron are: iron fortified cereals (e.g. baby rice cereal, Weetbix), wholegrain breads and cereals, legumes (e.g. baked beans, lentils), eggs, green leafy vegetables (e.g. broccoli, spinach), peanut butter and other nut/seed pastes (e.g. tahini).

Iron from eggs and plant foods is better absorbed if eaten with meat (e.g. grated zucchini with minced meat). Vitamin C can also help the body absorb more iron. Some good sources of vitamin C are: oranges, strawberries, tomato, broccoli and capsicum. Iron rich meal and snack ideas:

- > Peanut butter on wholemeal bread.
- > Baked beans in tomato sauce on wholemeal toast.
- > Ham/tuna/egg sandwich with wholemeal bread.
- > Spaghetti bolognese.
- > Lentil and vegetable soup.
- > Shepherds pie.
- > Beef, chicken or lentil patty with wholemeal bread.

Use the food groups on page 6–7 as a guide to make sure your toddler is getting enough iron in their food. If you are worried that your child has low in iron, contact your child and family health nurse or doctor.

What if my toddler is vegetarian?

People who are vegetarian may avoid meat, chicken, fish, eggs and/or milk. These foods provide important nutrients such as protein, iron, zinc, vitamin B12 and calcium.

When following a vegetarian diet it is important that your toddler eats other foods that will provide these nutrients, such as:

- > Tofu
- > Lentils (e.g. lentil soup, dahl)
- > Beans (e.g. 3 bean mix, baked beans)
- > Peanut butter and nut/seed pastes (e.g. tahini)
- > Hommus dip
- > Soy milk or soy yoghurt (with added calcium).

It may be useful to check with a dietitian that your toddler is getting the nutrients that they need.

What about calcium?

Calcium is needed for strong, healthy bones and teeth. Toddler's bones are growing all the time. They need a lot of calcium. The best sources of calcium are cow's milk, yoghurt, custard, cheese and soy milk with added calcium.

Your toddler will be getting enough calcium if they have 1½ serves from the 'milk, yoghurt, cheese' group per day (see page 7).

Sample meal ideas

Note: these are examples only. The amount of food eaten will vary depending on your toddler's appetite.

Breakfast	
> 1 breakfast biscuit e.g. Weetbix and $\frac{1}{2}$ cup milk*	> $\frac{1}{4}$ cup (dry) oats cooked with $\frac{1}{2}$ cup milk*
> 1 slice toast with margarine and spread or a cooked egg	> 1 small tub yoghurt* (100g) with $\frac{1}{2}$ cup cut up fruit
Snack	
> 1 medium piece fruit cut into fingers or wedges	> 4 small crackers (e.g. Salada, Premium)
Lunch	
> $\frac{1}{2}$ cup baked beans and 1 slice bread or toast	> salad plate with $\frac{1}{2}$ cup chopped/ grated salad vegetables (grate hard vegetables), 1 slice cheese*, 1 thin slice cooked meat or chicken and 1 slice bread with margarine
> sandwich with cold meat e.g. ham and cheese* sandwich	
> baked potato with baked beans and cheese*	
Snack	
> 1 small tub yoghurt* (100g)	> 1 medium piece fruit cut into fingers or wedges
> 1 slice fruit bread with margarine	
Dinner	
> 2 slices chopped roast meat, $\frac{1}{2}$ cup mashed potato and pieces steamed broccoli, carrot and pumpkin	> 1 cup pasta with bolognese sauce and $\frac{1}{2}$ cup mixed vegetables
> stir-fry vegetables with meat and $\frac{1}{2}$ cup noodles	> $\frac{1}{2}$ cup cooked rice, $\frac{1}{2}$ cup mixed vegetables and 1 fish finger

Snack

- > ½ cup (125ml) custard* or yoghurt*
- > ½ cup diced/tinned fruit

Fluids

- > 2–3 breastfeeds
- > Up to 2–3 drinks of milk, especially if not choosing dairy foods* for meals and snacks
- > Tap water should be freely available
- > Your toddler does not need milk or breastfeeds overnight

* Toddlers less than two years of age should have full cream milk and milk products.





Easy meals and snacks

Breakfast

- > Weetbix or Vitabrits with milk and chopped or tinned fruit.
- > Yoghurt with chopped or tinned fruit.
- > Porridge with milk and chopped banana.
- > Fruit smoothie – blend milk and fresh fruit (try strawberries or bananas).
- > Toasted fruit bread or fruit muffin with margarine.

Lunch

- > Sandwiches – try a variety of fillings: avocado, cream cheese, finely grated carrot, finely sliced roast meat or chicken, smooth peanut butter, Vegemite, cheddar cheese, mashed boiled egg.
- > Fill lunch box with cherry tomatoes, lettuce, cucumber, boiled egg, strips of cooked roast meat or chicken, cheese cubes and a small bread roll.
- > Tinned baked beans or spaghetti with wholegrain toast.
- > Egg (boiled, poached or scrambled) with vegetables and toast.

Dinner

- > Add frozen diced vegetables to instant noodles and top with cheese.
- > Serve cooked takeaway chicken or pizza with salad or vegetables.
- > Make an omelette or scrambled eggs with grated or diced vegetables.
- > Mini pizzas using English muffins as the base.
- > Oven bake fish in foil and serve with oven baked potato wedges and vegetables or salad.
- > Heat tinned tuna or salmon with cooked pasta or rice and vegetables.
- > Microwave a jacket potato, top with baked beans and grated cheese and serve with salad.

Snacks

- > Soft vegetable sticks – lightly steam potato, carrot, green beans or pumpkin and serve with dipping sauce, cottage cheese or smooth peanut butter.
- > Chopped banana.
- > Hummus or avocado on pita bread.
- > Fruit smoothie.
- > Canned beans (e.g 3 bean mix, chickpeas, kidney beans).
- > Fruit and yoghurt pops (mix bananas or strawberries with yoghurt and freeze).
- > Corn or rice cakes with peanut butter, mashed banana, Vegemite or cheese.
- > Bread fingers (toast cut into fingers) or crackers, lightly spread with peanut butter, hummus, mashed avocado, hummus, Vegemite or ricotta cheese.
- > Slice of toasted wholegrain bread topped with ricotta cheese and fruit spread.
- > Savoury pikelets made with finely grated vegetables.
- > Fresh or tinned fruit (in natural juice).
- > Rice crackers and cheese.
- > Fruit muffin, raisin bread or scone.
- > Cheese stick or triangle.
- > Sultanas (sometimes).
- > Fruit Kebabs – cube of fruit on bamboo skewers (remember to remove any sharp points on the skewer).
- > Small tub of yoghurt.

Fussy eating

It is normal for toddlers to be fussy eaters. Refer to the 10 tips for happy meal times (page 3–5) to set up good eating habits. Here are some common problems and suggestions to make things easier.

Common problem	Hints
My child won't eat the food served	<p>Keep a regular eating routine and avoid delays to meals. Children don't eat well when they are tired.</p> <p>Offer a choice of two healthy foods. Let your child decide which one and how much to eat. Do not give in to nagging for their favourite foods. A healthy child will not starve themselves</p> <p>Calmly remove any uneaten food. If practical and safe you could try offering the uneaten food again if your child is hungry before the next meal or snack.</p>
My child won't eat meat	<p>Red meat and chicken can be difficult to chew. Try minced meat or meat/chicken cut into strips.</p> <p>Offer cold meats in a sandwich or on a salad plate.</p> <p>Offer other foods that are sources of protein and iron:</p> <ul style="list-style-type: none">> Eggs, smooth peanut butter, baked beans, fish and dairy foods are good sources of protein.> Chicken, fish, legumes (e.g. baked beans, lentils), smooth peanut butter and iron-fortified breakfast cereals contain small amounts of iron.



Common problem	Hints
My child won't eat vegetables	<p>Offer plenty of vegetables and fruit during the day and then don't worry if they don't eat vegetables at the evening meal.</p> <p>Mash or grate vegetables into mince dishes, pancakes, soups, pizza and dips.</p> <p>If your child likes mashed potato, also mash in pumpkin, sweet potato, carrot or peas to make different colours.</p> <p>Offer sticks of steamed vegetables with a dipping sauce.</p> <p>Set a good example by eating vegetables yourself.</p>
My child won't drink milk	<p>Offer yoghurt, milkshakes and fruit smoothies as a snack.</p> <p>Grate cheese or mash cottage cheese into vegetables.</p> <p>Try soy products (with added calcium).</p>
My child won't drink water	<p>Always offer water (or milk up to 500ml per day) when your child asks for a drink.</p> <p>Have tap water on the table at each meal and set a good example by drinking water yourself.</p>

Food allergies

Food allergies have become more common in recent years. Allergies tend to run in families.

Symptoms of food allergy include:

- > **local reactions** – e.g. a red rash around the mouth where the food has touched the skin
- > **general reactions** – skin rashes on other parts of the body, hives, swelling, vomiting, wheezing or other breathing problems. In rare cases, collapse.

Note: If there are severe symptoms including breathing difficulties or collapse call 000 for an ambulance.

If you think your toddler has a food allergy stop giving the food you think is causing the reaction. See your doctor to help you find the cause and work out a plan. A referral to a specialist might be needed.

What if there is a family history of food allergies?

If there is a family history of allergies **do not**:

- > delay starting solid food after six months
- > avoid foods that often cause allergies.

This area is being researched and recommendations are changing as we learn more about allergies.

Safe eating

Hygiene

Food should always be prepared in a clean kitchen. Always wash your hands well and use clean equipment to prepare, serve and store food.

Foods like meat, chicken, fish and eggs should be well cooked. Fruit and vegetables should be washed or peeled before use.

Dairy foods should always be pasteurised (i.e. not 'fresh' from the farm). Always use products before their 'use by' date.

If using pre-packaged food, canned food or food defrosted from the freezer, take only as much as you are going to use at that time. Store any extra in a clean, covered container in the fridge. Use it by the end of the next day.

If food has been offered but not eaten, it is important to handle and store it correctly to avoid food poisoning. These guidelines will help you decide what to do with uneaten food. Do not keep food out in high temperatures. If food has been kept out at room temperature for:

- > **2 hours or less** – eat it straight away or put it in the fridge
- > **more than 2 hours (but less than 4 hours)** – eat it straight away (do not put it in the fridge)
- > **more than 4 hours** – throw it away.



Preventing choking

Children of any age can choke on food, but children under four years are most at risk because they:

- > Do not have the back teeth to chew and grind food.
- > Are still learning to eat, chew and swallow.

Gagging is different to choking. Gagging is a normal part of learning to eat chewable foods. It is a normal response and children recover quickly. Children should gag less as their chewing skills develop.

How to make eating safer:

- > Do not give food or drink to children when they are running, playing, laughing or crying.
- > Always sit children down to eat.
- > Stay close and watch children while they eat.
- > Never force children to eat.
- > Encourage children to eat slowly and chew well.
- > Encourage children to feed themselves.

How to make food safer to eat

Type of food	Examples	How to modify to make food safer
Foods with skins	Sausages, hotdogs, frankfurts.	Remove skins, cut lengthwise and cut into small pieces.
Round foods	Grapes and cherry tomatoes.	Cut in half.
Foods with seeds, pips and stones	Cherries, stone fruit, olives.	Remove seeds, pips and stones and cut into small pieces.
Foods containing small bones	Fish, chicken.	Remove bones and cut into small pieces.
Foods that are hard, crunchy or stringy	Hard fruit and vegetables such as raw apple, carrot and celery.	Grate, very finely slice, cook or mash.
	Corn chips, popcorn, nuts and hard or sticky lollies. Very hard crackers that don't dissolve or break up easily.	Don't serve these.
Foods that are tough and chewy	Meat with gristle and bone. Tough meat.	Remove fat, gristle and bone. Cut into small pieces. Mince, shred or slow cook.



Caring for teeth

Tooth decay is common in toddlers who suck on or fall asleep with bottles of milk, cordial or juice. Wean your toddler from the bottle if they are still using one. Encourage your toddler to drink from a cup. Give your child tap water to drink. Tap water contains fluoride, which helps to protect teeth from decay.

Too many sweets, lollies and sticky dried fruit (sultanas, fruit straps) can also cause tooth decay. Offer these foods only sometimes and in small amounts.

As soon as teeth appear, clean them with a soft cloth or a small soft brush. Your toddler will soon want to brush their own teeth, but will need your help until they are about eight years old.

From birth to 18 months of age there is no need for toothpaste. From 18 months you can start to use a small amount of low fluoride or children's toothpaste. Teach your toddler to spit this out rather than swallow it. There is no need to rinse. From six years of age normal adult toothpaste can be used. For more information on caring for your toddler's teeth contact the SA Dental Service. Refer to the 'Useful services' section (page 26).

Keep active

Toddlers should be active every day. Keep play simple and fun. Try to get everyone involved. Avoid games with lots of rules and don't focus on winning or losing. Toddlers learn about play and exercise by watching you. You can let them lead the play and encourage their efforts. Show them that you enjoy playing with them.

Some easy ideas for being active:

- > Take your toddler to the local playground, gardens, park or zoo.
- > Take your toddler for a walk or bike ride.
- > Keep a balloon in the air by continually tapping it up.
- > Teach your toddler to swim.
- > Stand in a circle, kick a soft ball to one another and gradually get further apart.
- > Create an obstacle course, inside or outside and hurry through it.
- > Contact your local council for details of playgroups or kindergyms near you.
- > Limit time spent watching TV or the computer screen.
- > Contact Playgroup SA for your nearest group.

Always watch your toddler while they are playing and join in yourself!

Healthy weight

Overweight and obesity are becoming more common in children, including toddlers. This can cause problems with health and self esteem. Many parents don't realise their child is overweight.

It's important to have your child's growth checked. The earlier problems are found, the more easily they can be addressed.

To help reduce the risk of your toddler being overweight:

- > follow the healthy eating tips in this booklet
- > make activity an everyday part of your life.

If you are worried about your toddler's weight talk to your doctor, dietitian or child and family health nurse.



Who can help?

- > Your local child health centre.
- > Your child and family health nurse.
- > A lactation consultant.
- > An accredited practising dietitian (APD).
- > New mothers groups.
- > Your local doctor.

Useful services

Women's and Children's Health Network (WCHN)	
Child and Family Health Service	Ph. 1300 733 606 for an appointment
	Parent Helpline Ph. 1300 364 100
	www.cyh.com
Parenting SA	www.parenting.sa.gov.au
Other services	
Australian Breastfeeding Association (ABA)	Mum2Mum Helpline Ph. 1800 686 2686 www.breastfeeding.asn.au
Dietitians Association of Australia (DAA)	www.daa.asn.au
Health Direct	24 Hour Helpline Ph. 1800 022 222 www.healthdirect.org.au
Multicultural Health Communication Service	www.mhcs.health.nsw.gov.au
National Poisons Information Centre	Ph. 131 126
SA Dental Service	Ph. 08 8222 8222 www.sadental.sa.gov.au
South Australian Multiple Birth Association	Ph. 08 8364 0433 www.communitywebs.org/samba

The original nutritional and educational content of this booklet has been reviewed by specialist Dietitians at the Women's and Children's Health Network (WCHN), SA Health. Information in this booklet should not be used as an alternative to professional advice.

Food product information contained in this booklet was up to date at the time of revision. If you are not sure about a food, check with the manufacturer.

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If you require this information in an alternative language or format please contact SA Health on the details provided above and they will make every effort to assist you.



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