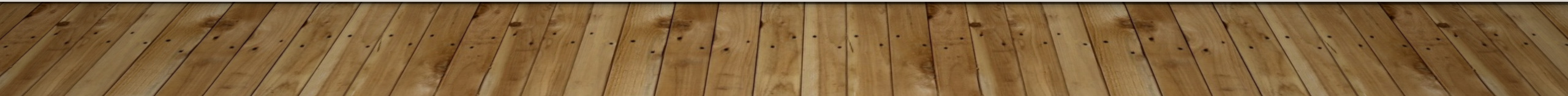


NOURISHING OUR CHILDREN

FROM BIRTH TO YOUNG ADULTHOOD

DIANA M GONZALES-PACHECO, DCN, RDN

FEBRUARY 9, 2022



OBJECTIVES

- Nourishing foods support growth and development
 - Variety
 - Balance
- Division of Feeding Responsibility
- Family time

WHY IS NUTRITION IMPORTANT?

- Important for growth and development
- More Energy
- Build strong muscles and bones
- Promote health



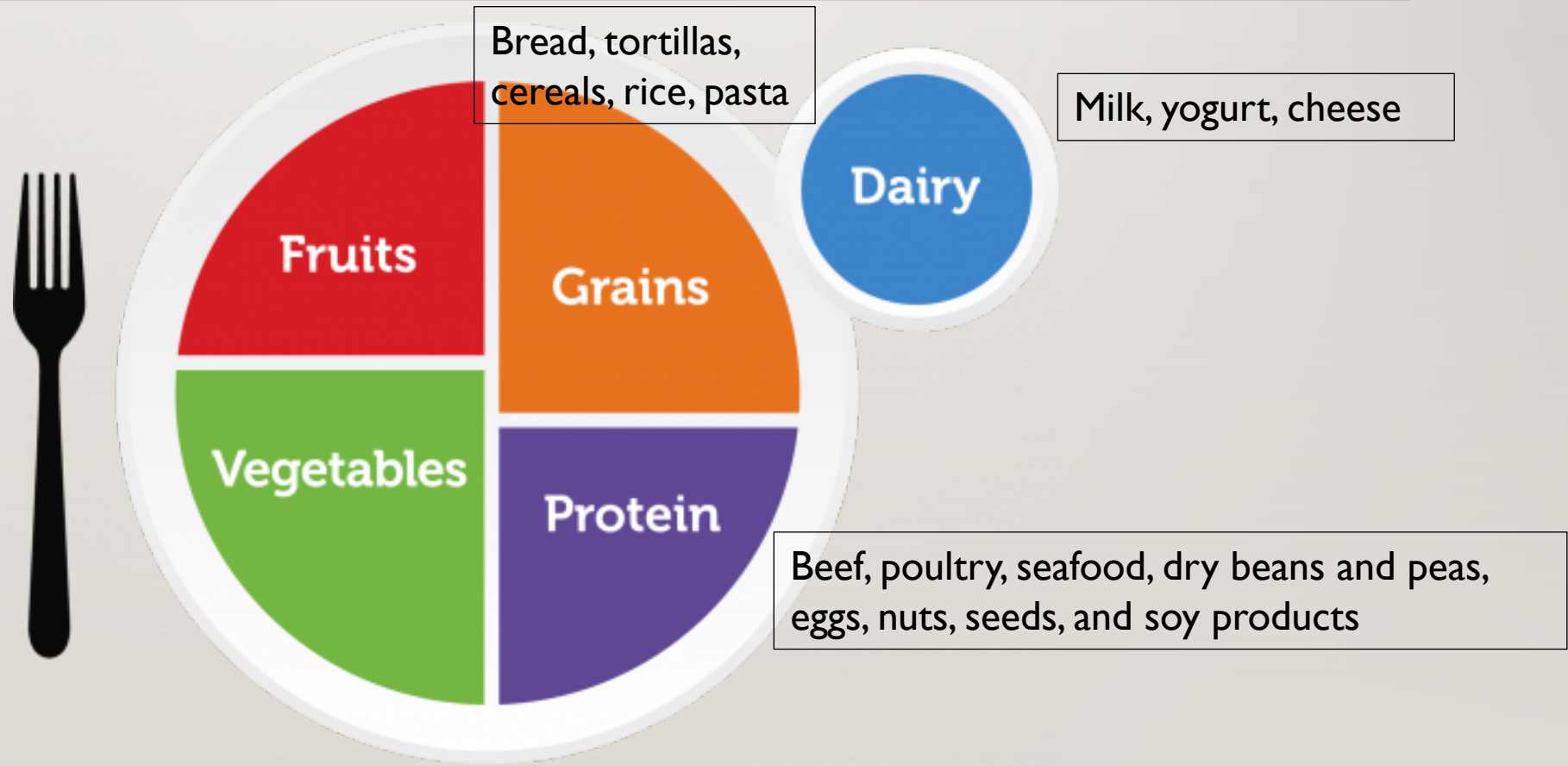
EAT THE RAINBOW



Image: Harvard Health

- Vegetables & Fruits
 - Red
 - Orange
 - Yellow
 - Green
 - Blue
 - Purple
 - White and brown

USDA MY PLATE



DIVISION OF RESPONSIBILITY IN FEEDING

- The parent is responsible for *what, when, where*
- The child is responsible for *how much* and *whether*

Source: Ellyn Satter's Division of Responsibility in Feeding

DIVISION OF RESPONSIBILITY FOR INFANTS

FOR INFANTS

- The parent is responsible for *what*
- The infant is responsible for *how much* (and everything else)

FOR BABIES MAKING THE TRANSITION TO FAMILY FOOD

- The parent is responsible for *what* and is becoming responsible for *when* and *where* the child is fed
- The baby is still and always responsible for *how much* and *whether to* eat the foods offered by the parent

Source: Ellyn Satter's Division of Responsibility in Feeding

DIVISION OF RESPONSIBILITY IN FEEDING

PARENT'S FEEDING JOB'S

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating time pleasant
- Model good behavior
- Be considerate of children's lack of food experience - without catering to likes and dislikes
- Let children grow up to get bodies that are right for them

CHILDREN'S EATING JOBS

- Children will eat
- They will eat the amount they need
- They will learn to eat the foods their parents eat
- They will grow predictably
- They will learn to behave well at mealtime

BREAK OUT GROUPS

Discuss variety, balance, and division of responsibility



Identify what is going well with feeding your children/grandchildren.



What are the challenges or barriers?



What strategies can you use to overcome these barriers or challenges?

THE POWER OF THE FIRST 1,000 DAYS

The right nutrition in the 1,000 days between a woman's pregnancy and her child's second birthday builds the foundation for a child's ability to grow, learn and thrive.

Pregnancy: Pre-pregnancy to birth

Babies developing in the womb draw all of their nutrients from their mother. If mom lacks key nutrients, so will her baby, putting the child's future health and development at risk.



Infancy: Birth to 6 months

Breast milk is superfood for babies. Not only is it the best nutrition an infant can get, but it also serves as the first immunization against illness and disease.



Toddlerhood: 6 months to 2 years

Nutrients from a variety of healthy foods are an essential complement to breast milk to ensure healthy growth and brain development.



The impact of good nutrition early in life can reach far into the future. Children who get the right nutrition in their first 1,000 days:

ARE 10x MORE

likely to overcome the most life-threatening childhood diseases¹



COMPLETE

4.6 more grades of school²



Go on to earn

21% more in wages as adults³



Are more likely as adults to have **healthier families**⁴



SOURCES

1. Save the Children, Nutrition in the First 1,000 Days: State of the World's Mothers 2012.
2. Hoddinott, J. et al "Adult consequences of growth failure in early childhood." American Society for Nutrition, 2013.
3. Ibid.
4. Ibid.



www.thousanddays.org

INFANTS

- Most rapid period of growth
- Introduction of complementary foods
- Progression of foods
- Hunger and satiety cues
- No cow's milk until 1 year of age



TODDLERS AND PRESCHOOLERS

TODDLERS

- Slow growth velocity
 - ↓ growth rate → ↓ appetite → parental anxiety
- Reassured by rituals and routine
- “Food jags” are common
- Introduce new foods with familiar foods
- Imitate

PRESCHOOLERS

- Variable appetite
 - Slow growth with periods of growth spurts
- Innate ability to self regulate
- Prefer familiar foods
- Prefer sweet and salty foods
- Avoid external feeding cues
 - “Clean the plate”
 - Offering large portions
 - Excessive restriction

CHILD AND PRE- ADOLESCENT NUTRITION

- Steady growth
- Increased appetite with growth spurts
- Increased muscle strength and stamina
- Outside influence on attitudes towards food & food choices





TEENS

- Rapid growth & development
- Increased bone mass
- Eating habits fluctuate
 - Busy
 - Skipping meals
 - Snacking

PICKY EATERS

- Children need repeated exposure to new foods before they accept them – don't get discouraged
 - Up to 12 to 15 offerings
- It is normal for children to go on food "jags"
- Continue to offer a variety of foods
- Don't use food as a reward or withhold food
- If a child is refusing specific textures or appears to be experiencing pain – check with a medical provider

FAST FOODS AND PACKAGED FOODS

- Typically high in fat, salt, or sugar and lack fiber
- Should not be “forbidden foods” – but limited



A rectangular sign with a black frame is mounted on a light gray wall. The sign has a white background with a central light gray rectangle. The words "FAMILY TIME" are written in a bold, dark gray, sans-serif font within this central rectangle. Two thin red horizontal lines are positioned above and below the central gray area. The bottom of the image shows a wooden floor with vertical planks.

FAMILY TIME

COOKING TOGETHER

- Children who help prepare the meal are more likely to eat the meal
- Exposure to new foods
- Learn cooking skills
- Children of all ages can be involved



FAMILY MEALS

Develop a routine

Sitting down at the table without distractions

Encourages conversation and bonding

Model good eating behavior

Children learn to listen to the hunger and satisfaction cues

BEING ACTIVE



- Play, play, play
- PE
- Organized sports
- Division of Responsibility in Activity
 - The parent is responsible for *structure, safety, and opportunities*
 - The child is responsible for *how, how much*, and *whether* he or she moves

GARDENING

- Increases access to fresh fruits and vegetables
- Focus on traditional foods and gardening/farming methods
- Exposure to new foods
- Quality family time



BREAK OUT GROUPS

Discuss how you are engaging your children/grandchildren in family time.

A light pink downward-pointing arrow indicating the flow from the first step to the second.

What are the barriers or challenges to engaging in family time?

A light purple downward-pointing arrow indicating the flow from the second step to the third.

What would be helpful in overcoming the barriers or challenges?

EAT WELL

PLAY HARD

ZIP CODE TO HEALTH

75210

I MAKE SURE
TO EAT
BREAKFAST
7 DAYS
A WEEK

I EAT
5 FRUITS
AND
VEGETABLES
EVERY DAY

MY SCREEN
TIME IS
NO MORE
THAN 2 HOURS
PER DAY

I TOTALLY
EXERCISE
AT LEAST
1 HOUR
EVERY DAY

I NEVER
CHOOSE
SWEETENED
DRINKS—
YUCK!

TURN IT OFF

DRINK WATER

