



## Feeding: What to Expect From 12 to 24 Months

What most children can do	What you can do	What children are learning
<p>Feed herself many different foods.</p> <p>May begin learning to use a spoon and baby-safe fork or other utensils such as chop sticks.</p>	<ul style="list-style-type: none"> <li>• Offer 3–4 healthy choices during mealtimes.</li> <li>• Offer 2–3 healthy snacks a day.</li> <li>• Offer foods that can be picked up, chewed or gummed, and swallowed easily. (Be sure to avoid foods that are common choking hazards.)</li> <li>• Offer child-size utensils and provide help when needed, if you and the parent want children to learn to feed themselves.</li> </ul>	<ul style="list-style-type: none"> <li>• To do things for himself.</li> <li>• To ask for help.</li> <li>• To trust that you will help him when he is struggling.</li> </ul>
<p>Use actions and words to communicate his thoughts and feelings. This includes “telling” you what he wants and doesn’t want, and when he is hungry or full.</p>	<ul style="list-style-type: none"> <li>• Make meals a time for talking and connecting with each child.</li> <li>• Point to and say the names of foods or objects on the table.</li> <li>• Talk about things besides food: what you see outside the window or what the children did that day.</li> </ul>	<ul style="list-style-type: none"> <li>• New words</li> <li>• That she can effectively communicate to you when she is hungry or full.</li> <li>• That you will listen to and respect her.</li> <li>• That her feelings matter.</li> </ul>