



MyPlate
MyWins

Feeding toddlers

Early experiences with food can shape future habits. Following these tips can help parents and caregivers set their little ones up for healthier eating.



Try, try again

If your child doesn't like a food at first, wait a while and offer it again. It can take many tries to develop a taste for a new food.



Eat the same meal

Serve the same meal to adults and kids. Let them see you enjoy healthy foods. Talk about the colors, shapes, and textures on the plate.



Involve them in meal prep

Get toddlers interested in meals by letting them help in the kitchen. They can stir, pour, sample ingredients, and smell herbs.



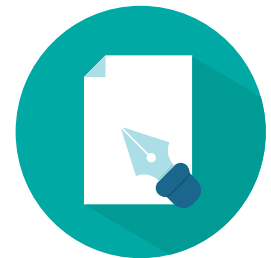
Make mealtime peaceful

Offer healthy foods and let kids take the lead on what they do and don't eat. Try not to pressure or reward children for what they eat.



Help them decide how much

Kids are born with built-in cues. Help them recognize when they are hungry or full. How much they eat may vary from day to day.



List more tips
