

Feeding Plan for Children With Special Nutrition Needs

Center: _____

Child's name: _____

Site: _____

Date: _____

Food restriction: _____

Developmental delays

Other: _____

Background Information and Description of Tasks	Person(s) Responsible
Goals for child (specifically related to food intake, self-feeding skills, or other):	
Describe necessary modifications in <u>types</u> of foods to be offered:	
Describe necessary modifications in <u>texture</u> of foods to be offered:	
Describe special feeding equipment or routines to be used:	
If parents will be bringing food from home, describe 1. Expected contribution to food needs of child: 2. System to ensure that food is safely transported from home and stored in center:	

SIGNED:

Parent Date

Caregiver or Center Director Date

Nutritionist Date

Health Provider* (MD, RN, PT, OT, etc.) Date

*not always needed; check with nutritionist if in doubt

Adapted from "Meals Without Squeals: Child Care Feeding Guide and Cookbook" by C. Berman and J. Fromer. Bull Publishing Co. 2006.

Let's Party!

Think parties and healthy foods can't mix?
Think again.

Everyone loves a celebration. Unfortunately, birthday or holiday parties are often filled with super-sugary treats. But making parties healthier doesn't mean killing the fun! The following strategies have been a hit for many child care programs. Choose one (or more) that's right for you.

Get everyone on board with healthy parties. Let parents and staff members air their concerns and ideas. Establish a healthy celebrations policy and a list of acceptable foods. Then stick to it!

Celebrate with healthy foods.

- Healthy foods taste great too! Try these tasty treats:
 - Fruit kebabs (page 2) or fruit "clown faces" (page 99)
 - Veggie "super heroes" (page 100)
 - Yogurt parfaits or "sundaes" (page 75)
 - Baked chips with salsa or guacamole (pages 59, 57)
 - Cookies made with whole grain oats (page 63)
 - Fruit smoothies (page 2)
 - Frozen bananas or other fruits
 - Veggie platters with homemade dips (page 65)
 - Fruit "sodas" — soda water mixed with a small amount of fruit juice for color and sweetness
 - Mini pizzas (page 61)
- Display healthy foods in festive ways.
 - Set out parfait ingredients. Let kids layer parfaits themselves like a sundae.
 - Arrange fruits in fun shapes or faces.
 - Serve foods on party-themed plates or napkins.
 - Let children thread fruit or cheese pieces onto colorful straws.
 - Arrange clean, sanitized plastic dinosaurs on veggie platters. Place broccoli "trees" in their mouths.
- Be sure to accommodate the needs of kids with food allergies or other special dietary needs.



Continued >>

Let's Party Continued >>

Schedule a monthly birthday celebration.

- Cut down on the number of times kids are exposed to an overload of sweets. Rather than throw a separate party for every birthday, have one monthly party for all of the children whose birthdays fall in that month.
- Be sure to inform parents of the schedule and menu well in advance. This allows any problems that surface to be addressed before the party.
- If sweets will be served, offer smaller portions. Serve healthier foods like fresh fruit along with them.



Find non-food ways to celebrate.

- Let the birthday child wear a "birthday crown." Allow the child to lead the class in a scavenger hunt or other game. Or, let them pick the story for circle time.
- Have a "treasure box" from which the child is allowed to choose a book or small toy. Or, have a dance party where the birthday child is the "DJ" and selects the music.
- Involve the children in making a special birthday book for the child being honored.

You can find more healthy celebration ideas at:
http://www.cspinet.org/nutritionpolicy/policy_options_healthycelebrations.html



ELLYN SATTER'S DIVISION OF RESPONSIBILITY IN FEEDING

Children have natural ability with eating. They eat as much as they need, they grow in the way that is right for them, and they learn to eat the food their parents eat. Step-by-step, throughout their growing-up years, they build on their natural ability and become eating competent. Parents let them learn and grow with eating when they follow the Division of Responsibility in Feeding.

The Division of Responsibility for infants:

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

Parents choose breast- or formula-feeding, and help the infant be calm and organized. Then they feed smoothly, paying attention to information coming from the baby about timing, tempo, frequency, and amounts.

The Division of Responsibility for babies making the transition to family food:

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

Based on *what* the child can *do*, not on how *old* s/he is, parents guide the child's transition from nipple feeding through semi-solids, then thick-and-lumpy food, to finger food at family meals.

The Division of Responsibility for toddlers through adolescents

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

Fundamental to parents' jobs is trusting children to determine *how much* and *whether* to eat from what parents provide. When parents do their jobs with *feeding*, children do their jobs with *eating*:

Parents' feeding jobs:

- Choose and prepare the food.
- Provide regular meals and snacks.
- Make eating times pleasant.
- Step-by-step, show children by example how to behave at family mealtime.
- Be considerate of children's lack of food experience without catering to likes and dislikes.
- Not let children have food or beverages (except for water) between meal and snack times.
- Let children grow up to get bodies that are right for them.

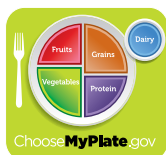
Children's eating jobs:

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



For more about raising healthy children who are a joy to feed, read Part two, "How to raise good eaters," in Ellyn Satter's *Secrets of Feeding a Healthy Family*. For the evidence, read [The Satter Feeding Dynamics Model](http://www.ellynsatterinstitute.org/).

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MyPlate snack tips for parents

Snacks can help children get the nutrients needed to grow. Prepare snacks that include two or more food groups. For younger children, help them get just enough to satisfy their hunger. Let older kids make their own snacks by keeping healthy foods in the kitchen. Visit ChooseMyPlate.gov to help you and your kids select a satisfying snack.

1 Save time by slicing veggies

Store sliced vegetables in the refrigerator and serve with hummus. Top half of a whole-wheat English muffin with spaghetti sauce, chopped vegetables, and low-fat shredded mozzarella and melt in the microwave.

2 Mix it up

For older school-age kids, mix dried fruit, unsalted nuts, and popcorn in a snack-size bag for a quick trail mix. Put fat-free yogurt, 100% fruit juice, and frozen peaches in a blender to make a tasty smoothie.



6 Keep an eye on the size

Snacks shouldn't replace a meal, so look for ways to help your kids understand how much is enough. Store snack-size bags in the cupboard and use them to control serving sizes.

7 Fruits are quick and easy

Fresh, frozen, dried, or canned fruits, such as applesauce, frozen grapes, or raisins, can be easy "grab-and-go" options that need little preparation. Offer whole fruit and limit the amount of 100% juice served. Choose canned fruits that are lowest in added sugars.



3 Grab a glass of milk

A cup of low-fat milk or fortified soy beverage is an easy way to drink a healthy snack.

4 Go for great whole grains

Offer whole-wheat breads, popcorn, and whole-oat cereals that are high in fiber and low in added sugars, saturated fat, and sodium. Limit refined-grain products such as snack bars, cakes, and sweetened cereals.



8 Consider convenience

A single-serving container of low-fat yogurt or individually wrapped string cheese can be just enough for an afterschool snack.



9 Swap out the sugar

Keep healthier foods handy so kids avoid cookies, pastries, or candies between meals. Add seltzer water to a ½ cup of 100% fruit juice instead of offering soda.

5 Snack on protein foods

Choose protein foods such as unsalted nuts and seeds, hummus or other bean dips, and hard-cooked (boiled) eggs for a healthy, easy snack. Store hard-cooked eggs in the refrigerator for up to 1 week for kids to enjoy any time.

10 Prepare homemade goodies

For homemade sweets, add dried fruits like apricots or raisins and reduce the amount of sugar in the recipe. Adjust recipes that include fats like butter or shortening by using unsweetened applesauce or prune puree for half the amount of fat.

Set Goals: Partnering with Parents

Key Messages

- Communicate consistently about feeding policies with staff and families.
- Create nutrition policies that improve food and beverage offerings.
- Discuss feeding patterns, special feeding needs and food culture with parents.

Challenge Yourself

My goal is to...

Identify feeding practices and cultures of the children in my care.

What special feeding needs do children in my care have?

What eating patterns and food cultures are in my childcare setting?

Create a nutrition policy for my center or home childcare.

What policies regarding fruits, vegetables and whole grains will you include?

What policies regarding special dietary concerns will you include?

What policies regarding outside food and beverages will you include?

What other policies would you like to include?
