

Listed below are a variety of additional resources available to you.

Bright Start Responsive Parenting

This project is funded by the State of South Dakota Office of Child Care Services. This six-week series of classes is designed for parents that have children ages birth to three years. Classes cover a variety of topics including: discipline, temperament, and stress. Classes are FREE and child care may be available.

Infant/Child CPR

This program is designed to give parents, child care providers, and other adults information and skills on CPR (Cardio Pulmonary Resuscitation). These classes are ongoing throughout the year.

Insight for Children

These classes are designed to give information about how children develop and why they do the things they do. Topics include sibling issues, temperament, and childhood behaviors. Classes vary in length and are FREE.

Temperament Project

This project is funded by the Sioux Empire United Way Success By Six Program. Services provided are FREE. Learning about temperament can help with discipline issues, behavior concerns, and social development. Individual temperament consultations are available, as well as temperament screenings.

Mutch Woman's Health Library

Various materials of interest to women are available for check-out at the Mutch Women's Center for Health Enrichment. Books, videos, and pamphlets cover a variety of topics including but not limited to: parenting, stress, and health information.

Come on
Kids,
Let's Eat



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Children are the future. The food they eat affects their growth, development, ability to learn, and their general behavior. How children eat is just as important. Presenting food in a comfortable, relaxed atmosphere combined with loving care and eye appeal greatly affects children's self-image and their view of others. Early experiences with different food may lay the foundations for lifelong healthy eating habits.

Children strengthen their own self-image when they are able to help in the preparation of their food. They are also learning independence when doing these activities. Having fun, informative food experiences for children is a valuable part of their development and education.

For children, food is often a symbol of love and security. It can foster a sense of adventure or promote children's exploration of their world.

Children need guidance in making good food suggestions. Good food habits are not acquired naturally; they must be learned.

Good nutrition is one of the most important factors for good health and development for young children.

Successful Eating Tips

- Serve meals with an assortment of colors, textures and temperatures.
- Serve a variety. Change foods often to avert boredom.
- Set a good example by talking about foods you enjoy rather than talking about those you don't.
- Try new recipes. Repeat rejected foods on different days because the food may look different to the child and they may try it.
- Substituting a "favorite" food in place of a rejected food promotes negative food appreciation. Encourage children to try what is served to them.
- If a child does not eat at mealtime do not punish the child for not eating. Instead, finish the rest of the mealtime with the child present and serve a nutritious snack later in the day. As the next mealtime approaches encourage your child to assist in preparing the meal. Thus, giving them choices. Bringing up previously unsuccessful meal times only places more pressure on the child and may make the next mealtime just as tiresome.

Guidelines For Serving Children					
Food Groups	Daily Servings	Food Choices	1-2 years	3-5 years	6 yrs & up
Bread & Cereal	6-11	Bread	1/2 slc.	1/2 slc.	1 slc.
		Muffins	1/2	1/2	1/2
		Cold/Dry Cereal	1/4 cup	1/3 cup	3/4 cup
		Pasta	1/4 cup	1/4 cup	1/2 cup
		Crackers	.4 oz.	.4 oz.	.7 oz.
Vegetables	3-5	Cooked	1/4 cup	1/4 cup - 1/2 cup	1/2 cup
		Raw	1/3 cup	1/2 cup	3/4 cup
		Juice	1/3 cup	1/2 cup	3/4 cup
Fruits	2-4	Cooked	1/4 cup	1/4 cup - 1/2 cup	1/2 cup
		Raw	1/3 cup	1/2 cup	3/4 cup
		Juice	1/3 cup	1/2 cup	3/4 cup
Milk & Milk Products	4	Milk	1/2 cup	3/4 cup	1 cup
		Cheese	1 oz.	1-1/2 oz.	2 oz.
Protein	3	Meat, Fish	1 oz.	1 1/2 oz.	2 oz.
		Poultry	1 oz.	1 1/2 oz.	2 oz.
		Egg	1	1	1
		Dried Beans	1/4 cup	3/8 cup	1/2 cup
Fats, Oils, Sugars	6-8	USE SPARINGLY			
Water & other Liquids		Water, Juice, Milk	1/2 cup	3/4 cup	1 cup

Making Mealtime Pleasant

- Have a regular mealtime schedule.
- Encourage positive behaviors rather than focusing on negative behaviors.
- Allow child to have choices. Start with small portions allowing child to ask for seconds.
- Encourage all eating no matter how small it may be.
- Involve child in the eating process by setting the table, pouring the beverage, stirring, etc.
- Promote inviting conversation and show an interest in children's daily activities.

Healthy Snacks

Snacks make up an important part of a child's nutrition. Young children are growing rapidly. In planning snacks you need to select nutritious foods to help promote this rapid growth.

Snack Choices

- Fruit: fresh, canned, frozen, dried
- Fruit juice: 100% pure juice
- Crackers: graham, saltines, shaped
- Yogurt
- Toast
- Bagels, English muffins
- Cheese
- Cold Cereals-low in sugar
- Vegetables: raw
- Vegetable juice