

LEARNING FEEDING SKILLS

Self-care skills or Activities of Daily Living are the basic tasks we perform every day and the ones we learn in the early years of life such as self-feeding, dressing, bathing, and grooming.

Toddlers want to learn and explore the world, and it is important for them to discover their own senses. Practicing self-feeding skills is a fun and easy way to experience different textures, sounds, smells, and tastes.



- Having the child join the rest of the family at meals is very important for the toddler to feel part of the family and to learn table manners.
- Toddlers love the success of feeding themselves and you can support this healthy independence by encouraging self-feeding skills.
- Although self-feeding can be messy, allowing your child to be messy will help him/her to gain confidence, become comfortable with different textures, and develop strength and coordination in the hands and fingers.
- Using forks, spoons, and cups are some of the earliest opportunities for a child to learn how to use tools. Learning to use tools is important as the child grows and starts to draw with crayons, write with pencils, and cut with scissors.
- Children that learn and practice self-feeding skills also develop better strength in their back, arms, and hands, use of arms and hands together and eye-hand coordination.

AGE (Months)	FEEDING SKILLS
2-4	<ul style="list-style-type: none"> • Moves hands up to the bottle/breast
6-9	<ul style="list-style-type: none"> • Holds a bottle with both hands • Uses a cup with help • Starts holding and mouthing large crackers/cookies • Plays with spoon; grabs/bangs spoon; puts both ends in mouth • Finger feeds soft foods
9-12	<ul style="list-style-type: none"> • Enjoys finger feeding
12-15	<ul style="list-style-type: none"> • Holds a cup with both hands • Takes a few sips without help • Finger feeds soft foods • Dips spoon in food • Moves spoon to mouth but is messy and spills
15-18	<ul style="list-style-type: none"> • Uses a straw • Scoops food with a spoon and feeds self
18-24	<ul style="list-style-type: none"> • Wants to feed himself/herself
2-3 Years	<ul style="list-style-type: none"> • Drinks from a cup (no lid) without spilling • Stabs food with fork • Uses spoon without spilling

Healthy Makeover Meatloaf



From Good Housekeeping

Serves: 8

Prep Time: 15 min

Cook Time: 55 min

INGREDIENTS

- 1 tablespoon(s) olive oil
- 2 stalk(s) celery, finely chopped
- 1 small onion, finely chopped
- 1 clove(s) garlic, crushed with press
- 2 pound(s) lean ground turkey
- 3/4 cup(s) (from 1 1/2 slices bread) fresh whole wheat bread crumbs
- 1/3 cup(s) fat-free milk
- 1 tablespoon(s) Worcestershire sauce
- 2 large egg whites
- 1/2 cup(s) ketchup
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) coarsely ground black pepper
- 1 tablespoon(s) Dijon mustard

Directions

1. Preheat oven to 350 degrees F. In 12-inch nonstick skillet, in oil, cook celery and onion on medium 10 minutes or until vegetables are tender, stirring occasionally. Add garlic and cook 1 minute. Transfer vegetables to large bowl; cool slightly.
2. To bowl with vegetables, add turkey, bread crumbs, milk, Worcestershire sauce, egg whites, 1/4 cup ketchup, 1/2 teaspoon salt, and 1/4 teaspoon coarsely ground black pepper; mix with hands until well combined but not overmixed. In cup, mix Dijon and remaining 1/4 cup ketchup.
3. In 13" by 9" metal baking pan, shape meat mixture into 9" by 5" loaf. Spread ketchup mixture over top of loaf.
4. Bake meatloaf 55 to 60 minutes or until meat thermometer inserted in center reaches 160 degrees F. (Temperature will rise to 165 degrees F upon standing.)
5. Let meatloaf stand 10 minutes before removing from pan to set juices for easier slicing. Transfer meatloaf to platter and cut into slices to serve.

Nutritional Information

(per serving) **230**

Calories

Total Fat 11g

Saturated Fat 3g

Cholesterol 80mg

Sodium 500mg

Total Carbohydrate 11g

Dietary Fiber 1g

Sugars --

Protein 25g

Calcium --