

# Transitional Feeding From Infant to Toddler



The Child and Adult Care Food Program  
(CACFP)

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# Transition Feeding

- Table foods introduced to infants
- Complete transition after 1<sup>st</sup> Birthday





# 11 Months

- Still drinking formula or breast milk
- Drinking water from cup



# 11 Months

- Still eating infant cereal at breakfast
  - Can be thicker/lumpy
  - Can try feeding self with spoon
- *May* still eat infant cereal at lunch



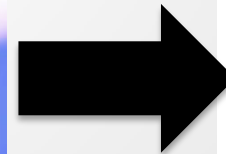
- Finger foods:
  - Mashed or chopped soft fruits and vegetables
  - Soft meat / meat alternates
  - Bread or crackers at snack





# Moving On Up!

- Continue breads and crackers
- Introduce
  - Oatmeal and other cooked cereals
  - Rice, pasta, and other grains
- Transition to cow's milk
  - Whole (vitamin D) milk
- Discontinue infant cereal





# Transitioning Meal Patterns

- Don't have to immediately transition from the infant meal pattern to the child meal pattern on an infant's first birthday
- During a child's 12<sup>th</sup> month you can follow the infant or child meal pattern or mix of both







# Weaning From A Bottle

When to do it?

By 12 – 14 months of age

How to do it?

Sips of water from cup during feeding of least interest OR when other people are using cups



Why do it?

Children still feeding from a bottle beyond 12 to 14 months of age may:

- be more likely to develop tooth decay
- consume so much milk that they don't eat enough solid foods to get an adequate amount of nutrients
- be delayed in developing appropriate feeding skills.



# Breastmilk or Formula from a Cup

- Discuss with the parents when they would like you to feed breastmilk or infant formula from a cup
  - Babies are usually ready around 8 months of age
- Babies usually consume less breastmilk or formula from the bottle as their eating of solid foods and drinking from a cup increases





# Sippy Cups: What's Wrong?

- No walking and drinking
- Created for caregiver's convenience, not good for children's development
- The way you swallow with a sippy cup is different than the way you swallow from a cup
  - You use different muscles and position your mouth differently.
  - If a child only ever drinks from a sippy cup, the transition with learning how to swallow from an open cup could take more time.
- Can lead to bacterial growth and tooth decay
- Straw cups or spoutless cups are better options





# 12-24 Months

- Modify or substitute foods on regular menu
- Peel and cook fruits and vegetables
  - Chopped, well-cooked carrots instead of raw baby carrots
  - Applesauce instead of apple slices
  - Chopped peaches instead of peach slices
  - Grapes sliced into quarters instead of whole grapes



# 12-24 Months

- Soft meats and meat alternates
  - Yogurt
  - Eggs
  - Shredded or sliced cheese
  - Cottage cheese
  - Beans
  - Fish (without bones)
  - Ground meat
  - Tender, chopped poultry, pork, or beef
- Avoid tough, stringy meats



# 12-24 Months

- Continue breads and crackers
- Introduce
  - Oatmeal and other cooked cereals
  - Rice, pasta, and other grains



# Choking Hazards

- Raw vegetables
- Cherry tomatoes
- Whole grapes
- Hard fruits
- Raisins and other dried fruits
- Nuts
- Hot dogs
- Popcorn



# Feeding on Demand to Following Cues

- Transition from on-demand to scheduled meal and snack times
- Provide variety
- Start with small portions
- Encourage tasting
- Lead by example
- Child decides whether to eat and what to eat
- Look for cues the child is full





# Right-Size Portions

**Meal size:**  
**1 up to 3 years**

**Healthy Portion  
Serving Tips:**

- It's okay to leave food on the plate if your infant or child is full.
- For child size portions, use child size plates, glasses, and serving spoons.



Photo credit: Nemours Health & Prevention Services “Best Practices for Healthy Eating



# Family-Style Meal Service

- Introduce the concept with practice & play
- Start with simple items
  - Pieces of bread
  - Slices of fruit
- Allow child to select as little or as much as wanted
- If serving, provide correct portions





# Self-Feeding

- Appropriate utensils
- Expect messes!
- Expect pickiness





Q&A



| Thank you!