

Fostering Family

GUILT + SHAME STUDYGUIDE

More resources available at fosteringfamily.com

Brain Development

From zero to one years old, the brain is growing 1.7 grams a day. 60% of infants' energy intake from food is used for brain growth. Nutrition goes hand-in-hand in terms of emotional and social development as well. By age two, the brain reaches about 75% of its adult weight. DHA, an omega-3 fatty acid, and choline, an essential nutrient, are critical building blocks for the developing brain. Calcium and Vitamin D, which promotes calcium absorption, helps strengthen the bones and the teeth.

Infants

In infants from birth to three, we can see hunger cues. They're opening and closing their mouth. They're rooting when someone is holding the baby. They're making smacking and sucking noises, sucking on their fingers, toes, clothes, and toys. Satiety cues, include slowness, decrease suckling, falling asleep, or extend their arms and their legs.

At six months, there's a turning point. They might be ready for solid foods. The gain are able to control their head and neck, sit without support, bring objects to their mouth, try to grasp small objects such as toys or food, and swallow food rather than pushing it back out.

8–12 months

Hunger cues include reaching for the spoon or food. They get excited about food and they start chomping when others are eating. You might see eating slow down when they're satiated, or clenching their mouth shut. They can started to be able to shake their head, or say "No more." Finger food ideas for six months or older include: puffs or dry cereal, broccoli, steamed or boiled carrots, avocados, pasta, beans, cottage cheese, sweet potatoes, cauliflower. You can start introducing soft or tender meats.

Children

The serving size for two to three-year-olds is about 1 cup of vegetables, 2 ounces of grains, and 2 ounces of protein. Four to eight-year-olds need about one to 1.5 cups of vegetables, 3 ounces of grains, and 4 ounces of protein.

choosemyplate.gov is an amazing website, with a ton of information including correct serving sizes.

Tips for Picky Eaters

Provide more food choices. Instead of just offering maybe pasta for dinner, you can say, "Would you like pasta or would you like fish?"

Making them little grocery store helpers, involve them in the process and decision making. "Can you grab the bell pepper for us?" Praising the child as they're helping. "Wow, you did such a good job. We couldn't have done this without you. What was your favorite thing that you got to see today?"

Invite them to be part of the cooking process. It might be little things at first, depending on their age. Ask them to help you pour in the ingredients. If you're making a cake, for example, "Can you add in the eggs? Can you add in the oil? Can you help stir?" Little things. Then maybe it progresses into these more complicated dishes, but also really good memories.

Make dinner time fun. Find little ways to make common dishes less boring, like decorating the oatmeal with fruits and nuts to look like a smiley face.

Include food during storytime. There are so many beautiful stories out there that are about food. Kalamata's Kitchen, Soup Day, and Dragons Love Tacos are some examples.

Use imagination. One technique called "The Magic Wand" is about renaming food. Coming up with silly names for food, but also, taking that time to make it more familiar.

Grouping and counting food. Have our little learners separate things by colors, size, or shape.

Pick one tip at a time. Don't try to incorporate them all at once. Be patient.

Teens

Be aware of what and how often they're eating. They're gaining independence and spending more time away from home so you'll have to do some investigation. Make sure that they're eating three times a day, and they have some healthy snacks. Invite their friends to also have snacks is good.

Increase fiber in their diet and decrease the use of salt. Drinking water is critical. Avoid drinks that are high in sugar. Be cautious of how many calories your adolescent is intaking.

Try to bake or boil instead of fry foods. Invite them to cook with you. For children who are autistic, obese, or have eating disorders, you definitely want to get professional support. We can get a referral for a dietitian or a nutritionist or even if they need therapeutic support.

Resources

WIC is Special Supplemental Nutrition Program for Women, Infants, and Children. This program serves to safeguard the health of low-income pregnant, postpartum, and nursing breastfeeding women, infants and children up to age five who are at nutritional risk by providing nutritious food to supplement diets, information on healthy eating, including nursing promotion and support, and referrals to health care.

WIC also has fresh produce for New Mexico seniors. The Seniors Farmers' Market Nutrition Program, they are now offering electronic mobile and shopper card benefits up to \$50 to senior adults over age 60 for non-Native Americans and senior adults over age 55 for Native Americans who live in New Mexico to buy locally-grown fruits, vegetables, cut herbs, and honey from select farmers' markets, mobile farmers' markets, and roadside stands.

Roadrunner Food Bank is connected statewide to many different food banks. You can also apply for SNAP benefits, they also offer a medication discount.

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