

09 Early years practice procedures

09.7 Prime times – Toddler mealtimes

Feeding and mealtimes are key times in the day for being close and to promote security, as well as for exploration and learning. We understand the importance of a healthy balanced diet for young children.

Toddler mealtimes

- Toddlers who are eating have their snacks and lunch, with their key group and staff.
- Staff who are eating with the children must role-model hygiene, healthy eating and best practice at all times, for example not drinking cans of fizzy drinks in front of the children.
- Staff arrange the table before toddlers sit down; there should be no waiting time.
- Toddlers' wash their hands before their meal.
- Staff serve the children if they are having a hot lunch. Toddlers can get very upset if their food is put in front of them and they do not like it; they do not understand 'try a little bit' in the way an older child does. Staff will update the child's parent to confirm that their child did not enjoy their food.
- Toddlers are not discouraged from eating with their fingers; this exploration of their food with their hands is the beginning of self-feeding. When they have finished, they may wish to 'play' further with any remaining food. It is fine for them to get a bit messy; they, and their table can be cleaned afterwards.
- Toddlers are given time to eat at their own pace and are not hurried to fit in with adults' tasks and breaks.
- Mealtimes are relaxed opportunities for social interaction of toddlers with their group and the adults who care for them. It is a time of sensory learning and learning skills, as well as for the fundamental satisfaction of being fed.
- In order to protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
 - Information for parents: Ten Steps for Healthy Toddlers
https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf