



Prime times – Baby and 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.

Bottle fed babies

- Babies' hands are washed prior to being given their bottle.
- Babies are fed by their key person or back-up key person if they are not in.
- Bottles are warmed and ready in time; babies should not be left hungry and crying while bottles are being prepared.
- Practitioners sits in a comfortable chair, or on cushions to feed the baby; Practitioners need to be relaxed and calm.
- Babies should be held close so that eye contact can be made. Practitioners are responsive to their communication gestures during feeding, talking quietly to them, stroking, or holding their hands.
- Babies are winded after feeding, nappies are changed, and the baby is settled to sleep or play.
- Other key children may want to be close to their carer when a baby is being fed. This may allay any anxiety or feelings of jealousy, especially for toddlers.
- Planning for feeding times should be done to try to avoid overlap so that one-to-one attention can be given. If this cannot be avoided the feeding times should be arranged so that the key person can comfortably be with both babies at the same time. Unless in extreme circumstances, feeding should not be regarded as a shared task; unfamiliar carers should not take over feeding times just to 'get it done.'
- Babies will want to hold their own bottles, but they are never left propped up with a bottle to feed themselves.

Toddler mealtimes

- Older babies and toddlers who are feeding themselves have their meals in their space, with their key group and key person.
- Staff who are eating with the children must role-model hygiene, healthy eating, and best practice always, for example not drinking cans of fizzy drinks in front of the children.
- Food is brought to their room in serving dishes on a trolley.
- Staff arrange the table before toddlers sit down; there should be no waiting time.
- Babies' and toddlers' hands are wiped/washed clean before their meal.
- In the Seedlings room, Practitioners serve their children; they ask their children what they want; they do not put food on plates if the toddler indicates that they do not want it. Toddlers can get upset if

Policy author: Allison Skipper

Date: 01/12/2021

Review date: Michaelmas 2025

Reviewed by: Meganne Smith and Kym Carey Michaelmas 2023

their detested food is put in front of them; they do not understand ‘try a little bit’ in the way an older child does.

- In Acorns and Oaks practitioners serve their children with the ready plated meal: they ask their children what they want from two options and encourage the children to try new things. Children are not forced to eat foods they show a dislike to.
- Babies and 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.
- Babies and 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 babies and 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.
- To protect children with food allergies or specific dietary requirements, children are discouraged from sharing and swapping their food with one another.
- While Seedlings are fed in their rooms, opportunities should be open for older children to be invited into their room for lunch, especially siblings, or children who have just moved up into the older group. There should also be opportunities for babies and toddlers to join the older children for, providing they do not find this unsettling or distressing.
- Information for parents is displayed on the parent’s notice board, including:
 - Ten Steps for Healthy Toddlers https://infantandtoddlerforum.org/media/upload/pdf-downloads/HR_toddler_booklet_green.pdf
 - Daily menus including identification of any foods containing allergens.

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