

Feeding Young Children

餵養小孩



MORE THAN FOOD

什麼比食物更加重要

Feeding and mealtimes are important for children to grow healthy and strong. But feeding and mealtimes means much more than just food. Feeding is about nurturing the whole child, their body, mind and heart. It is the way children learn to feel good about themselves and to trust their caregivers to care for them. Feeding is about building the strong relationships that make children feel loved, safe and secure.

餵養和定時飲食，對於孩子的健康及強壯地成長，是非常重要的，但我們不單只是考慮食物的問題。餵養是培養孩子的全面發展，包括他們的身體和心智，讓孩子從中學習良好的自我感覺，並信任照顧者對他們的關愛。餵養有助建立牢固的關係，使孩子覺得被愛和安全。

INTRODUCING FOODS

Six months of age is the right time to offer nutritious foods. Your baby is then ready to learn to eat real food. They can sit up, and their tongue can move the food back to swallow. Learning about new tastes and textures is important. Your baby can eat many of the same healthy foods enjoyed by the rest of the family. Offer your baby foods that are rich in iron. Choose foods made with little or no added salt or sugar.

Be patient. Children need to try a new food often before it is accepted. Studies tell us that some young children need to try new foods 10 to 15 times before they will eat it. Children learn about food by touching, licking and tasting. Learning to eat food is messy. Your baby can enjoy mashed foods before teeth appear. Pureed foods are not needed as long as the texture is soft. This includes: minced, mashed, ground, lumpy and tender-cooked. By 1 year, baby is learning to eat soft foods cut into small pieces.

✓ TIP / 提示

Iron Rich Foods:

- ✓ Meat (beef, pork, lamb, goat etc.), poultry, fish (low mercury fish)
- ✓ Legumes – soybeans, kidney beans, black beans lentils, chickpeas, peas, tofu
- ✓ Egg yolks
- ✓ Nuts and seeds
- ✓ Enriched baby cereals

鐵質含量豐富的食物：

- ✓ 肉類(牛肉、豬肉、羊肉、山羊肉等)、家禽、魚(水銀含量低的魚類)
- ✓ 豆類 - 黃豆、腰豆
- ✓ 小豆、黑豆、扁豆、鷹嘴豆、豌豆、豆腐
- ✓ 蛋黃
- ✓ 堅果和種籽
- ✓ 添加濃縮營養成分的嬰兒穀類食品

給孩子試吃新食物

當孩子六個月大時，是開始提供營養食品的好時機。孩子已準備好學習進食真正的食物，他們可以坐起，舌頭可以把食物推到嘴的後方然後吞下。學會吃新口味和新口味的食物是非常重要的，孩子也可以吃你家人吃的許多健康食品，給孩子吃含有豐富鐵質的食物，只選擇那些用很少或完全沒有添加鹽或糖的食物。

保持耐性，孩子需要經常嘗試，才會接受新的食物。研究顯示，有些小孩子需要試吃一種新食物10到15次，才會吃下這種食物。孩子是透過觸摸、舔和嚐來學習了解新食物。學習吃食物是件麻煩凌亂的事情，孩子的乳齒出現之前，可吃糊狀食品，如果食物是軟身的，可以不用打成糊狀，這包括：絞碎、搗碎、磨碎、塊狀和煮得柔軟的食物。小朋友1歲時，便可學習進食切成小塊的軟身食物。

WHAT TO DO AT MEALTIMES:

Eating together, is a time to connect, a time to support your child's overall development. Even if your baby is not eating food, they can sit with you, and enjoy the family mealtime. By 9 months, set up regular meal and snack times. Aim for 3 meals and 2-3 snacks by 1 year of age.

Always eat with your children and never let them eat alone. Turn the TV and computer off and talk with your child. The television and computer are too distracting and they take time away from eating and pleasant conversation. Talking to your children at mealtimes shows them you are interested and care about them. They discover and explore new foods and new eating skills but also discover and develop language.

If you love eating broccoli, so will your children. Enjoy eating meals together and your children will follow your lead. It is your job to make mealtimes pleasant. So, do not force feed. Children end up refusing the food and eating less. It does not lead to good eating habits, nor does it help develop positive self-esteem. Let children decide which foods to eat of those offered and how much. Trust them to know when they are hungry and when they have eaten enough. Keep giving them healthy foods at regular meal and snack times. The actual amounts

they eat are up to them. Remember, it is not your job to make your children eat.

Picky eaters are children who often refuse foods or will constantly only eat the same foods. Parents worry these children are not getting enough nutrition to grow. But in most cases, they are. In fact, 50% of parents think their children are picky eaters. But 95% of healthy babies and toddlers meet all their nutritional needs. Relax and take the pressure off yourself and your child. Model good behaviour and your child will follow.

Children come in all sizes. Some are short and thin, others grow much faster and bigger. Babies and toddlers can be healthy at many different sizes. There is no one right or exact amount of food that children need to grow. What is important is they enjoy eating a variety of foods and they have the energy to play and interact with others.



進餐時該做什麼:

一起進餐是聯絡感情的時間,是支持你的孩子全面發展的時間。即使嬰兒不吃東西,也可以坐在你身旁享受和家人一起進餐的時光。孩子9個月大時,建立有規律的正餐和點心時間。到1歲大時,應該養成一日三餐,加上兩三次點心的習慣。

陪孩子進餐是非常重要的,不要讓他們一個人吃。關掉電視和電腦,陪孩子說話。電視和電腦太吸引了,取代了吃飯和愉快交談的時間。進餐時和孩子說話,會讓孩子感受到你喜歡並關心他們。他們發現和探索新食物和新的進食技巧,也同時發展語言的能力。

如果你喜歡吃西蘭花,你的孩子也會喜歡吃。一起享受進餐的時光,你的孩子將跟隨你的引導。你有責任培養美好的進餐時光,因此當孩子拒絕進食且吃得較少的時候,不要強迫餵食,因為這並不能養成良好的進餐習慣,也不利於建立正確的自尊。讓孩子自己決定吃那些和吃多少你給他們的食物。相信孩子知道自己什麼時候肚子餓、什麼時候吃飽了。在規定的正餐時間和點心時間,繼續給孩子吃健康的食物,任由孩子自己決定吃多少。請記住,強迫孩子進食並不是你的責任。

挑食的人就是那些經常拒絕食物,或總是只吃同一種食物的孩子。父母擔心這些孩子得不到足夠的營養健康成長,但在大多數情況下,孩子的營養是足夠的。事實上,50%的家長認為自己的孩子挑食,但95%的健康嬰兒和幼兒均已獲得其所需要的營養。所以請放鬆心情,減輕自己和孩子的壓力,塑造良好的行為典範,讓孩子向你學習。

孩子的體型各有不同,有些矮瘦一點,有些生長得較快和較大個子。不同體型的嬰兒和幼兒都是健康的,孩子成長需要多少食物,並沒有一個正確或確實的標準。重要的是他們喜歡吃各種食物,並有足夠的精力去玩耍及與別人交流。

WHO TO ASK FOR HELP:

If you have concerns talk with your doctor or contact the public health nurse or community nutritionist at (604) 233-3150.

If you have a question about feeding your child, dial 811 Monday to Friday and ask to speak to a dietitian.

To register for a "Starting Solid Foods Talk", call (604) 233-4655.

If your child is 1-5 years old and is not eating well, consider attending a "Helping Your Child Eat Well" workshop. Call 604-233-3103 to register.

向誰求助:

如你有任何疑問,可請教你的醫生,或致電604-233-3150聯絡公共衛生護士或社區營養師。

如果你對餵養孩子有疑問,請於星期一至五致電811請教營養師。

歡迎致電604-233-4655,報名參加「開始餵哺固體食物講座」。

如果你的孩子已有1至5歲大,但仍未吃得好,可考慮參加「幫助你的孩子吃得好」的工作坊,歡迎致電604-233-3103報名。

BIRTH TO 12 MONTHS

出生到12個月：

WHAT YOUR BABY CAN DO:

- Shows you when they are hungry or full by turning away from breast or bottle when full, crying when hungry.

AT 6 MONTHS LEARNING TO:

- Balance and sit up
- Reach for food
- Eat with fingers

WHAT YOU CAN DO:

- Respond to their signs of hunger by feeding them
- Offer 3-4 food groups at meals
- Hold them, and help calm them so they focus on eating
- Stop feeding when they are full
- Have family mealtimes
- Eat with your baby
- Give iron rich family foods
- Boost the texture of the food
- Give safe finger foods, offer a cup
- Turn off the TV and computer, put down mobile phones and other devices, and talk with your baby

孩子會做什麼：

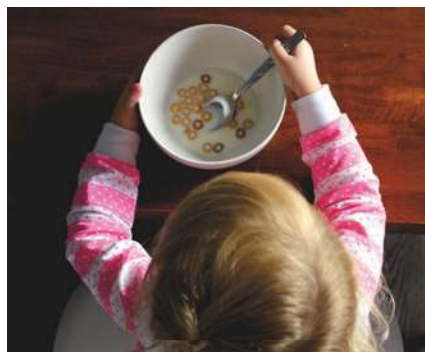
- 能表達飢餓或者飽足：當飽足時，把頭轉開離開乳房或奶瓶；當飢餓時，哭鬧

孩子6個月時學會：

- 平衡及坐起
- 取食物
- 用手指吃食物

你能做什麼：

- 當他們表示飢餓時，餵食
- 給3-4種不同的食物
- 抱著他們，並幫助他們平靜情緒，以便專心進吃
- 當他們表示飽足時，停止餵食
- 安排家庭進餐時間
- 與嬰兒一起進餐
- 準備含鐵質豐富的家庭食物
- 給嬰兒吃不同口感的食物
- 為孩子準備安全、可用手指吃的食物，並給他們一個杯
- 關掉電視和電腦，放下手提電話和其他電子用品，與孩子交談



WHAT YOUR CHILD IS LEARNING: 孩子正在學習什麼：

- To try new foods
- To be a good communicator and that you are listening to them
- They are important to you
- To calm themselves with help
- Milk is for nutrition, not comfort
- To feed self
- Deciding how much to eat
- Focusing on eating at mealtimes
- Mealtimes are fun and feel good
- What foods they like or dislike
- Learning to sip from a cup
- 嘗試新的食物
- 成為良好的交流者，知道你在聽他們說話
- 他們對你是重要的
- 在幫助下可以平靜情緒
- 牛奶是用來增進營養，不是精神安慰
- 自己進食
- 決定吃多少食物
- 進餐時間專心吃飯
- 進餐時心情愉快並感覺良好
- 他們喜歡或不喜歡那些食物
- 從杯子啜飲水

1 TO 2 YEARS

1到2歲

WHAT YOUR CHILD CAN DO:

- Feed self different foods
- Start to use a baby safe spoon, fork
- Drink from a cup

WHAT YOU CAN DO:

- Give 3-4 food groups at meals
- Give 2-3 healthy snacks daily
- Give safe finger foods
- Give water not juice for thirst

WHAT YOUR CHILD IS LEARNING: 孩子正在學習什麼：

- To try new foods
- To do things for self
- To feed self and to ask for help
- Trust you will help them if they are struggling
- 嘗試新的食物
- 自己做事情
- 自己進食並尋求幫助
- 相信如果他們有困難時你會給予幫助

孩子會做什麼：

- 自己吃不同的食物
- 開始使用嬰兒專用的安全調匙和叉子
- 從杯子喝水

你能做什麼：

- 正餐時，給孩子3-4種不同的食物
- 每日準備2-3次健康的點心
- 給安全、可用手指吃的食物
- 給孩子喝水解渴，而不是喝果汁

2 TO 3 YEARS

2-3歲

WHAT YOUR CHILD CAN DO:

- Choose which foods to eat
- Uses words to express thoughts and feelings
- Help out during mealtimes

WHAT YOU CAN DO:

- Let your child see you enjoy eating a variety of healthy foods
- Offer 3-4 food groups at meals
- Offer 2-3 healthy snacks daily
- Ask questions, listen to the reply
- Encourage polite behaviour
- Offer simple tasks like putting napkins on the table, help mix a salad or a muffin batter

WHAT YOUR CHILD IS LEARNING:

- To make healthy food choices
- Know how much to eat
- New words
- Mealtimes are fun
- Polite behaviour at mealtimes
- They are important
- They are capable
- To help others feels good

孩子會做什麼:

- 選擇要吃的食品
- 用詞彙來表達他們的想法和感覺
- 進餐時會幫忙

你能做什麼:

- 讓你的孩子看到你喜歡吃各種不同的健康食品
- 正餐時,準備3-4種不同的食物
- 每日準備2-3份健康的點心
- 問他們問題,並聽他們回答
- 鼓勵有禮貌的行為
- 讓孩子做一些簡單的事情,如將餐巾放到桌上,幫助混合沙拉或鬆餅麵糊

孩子正在學習什麼:

- 選擇健康食品
- 知道自己吃多少
- 新詞彙
- 進餐是愉快的時間
- 進餐時要有禮貌
- 他們很重要
- 他們很能幹
- 讓別人覺得愉快

