CF Care Center Providers,

We are pleased to announce that behavior and nutrition handouts described in Table III “Routine monitoring and care recommendations for the infant diagnosed with cystic fibrosis” in the *CF Foundation Evidenced-Based Guidelines for Management of Infants with Cystic Fibrosis* were published in *The Journal of Pediatrics* December supplement (JPediatr 2009; 155(6); S73-93). These guidelines are also available in the Resource section of Port CF. The central purpose of these handouts is to provide parents of children with CF (ages 4 months to just after 2 years) with basic nutrition and behavior management information and recommendations. They are to be used in conjunction with face to face discussion with parents or family members. We anticipate that the handouts will also provide parents with a sense of validation that these challenges are a *normal* part of development for *all* children.

We hope that parents will find the information in the handouts helpful in reinforcing discussions in clinic as they work to ensure their child with CF receives appropriate nutrition. While these resources will not be sufficient alone, they will provide them with anticipatory guidance about nutrition and mealtime behavior management. The handouts will also set the stage for parents to discuss nutrition and mealtime behavior concerns with the CF team perhaps earlier than they would have in the past.

**Feeding Your 12 to 24 Month Old: Building Independent Eating Skills**

**Purpose:** To highlight the importance of having a child learn to eat independently.

**Topics addressed:**

1. Transitioning from breast milk/formula and recommendations about other beverages.
2. Ways to boost calories of safe solid foods.
3. Importance of practicing independent eating.
4. Need for creating a consistent schedule and mealtime expectations.
5. The value in making mealtimes fun and being creative.
6. The importance of offering 2-3 snacks per day.
7. Why “grazing” may limit overall daily food intake.
At one year of age, your child will be able to eat and drink more foods on his own. The more practice your child gets with eating and drinking (especially new things), the more options you will have to meet Cystic Fibrosis (CF) Foundation nutrition and calorie recommendations. Be sure to ask your CF Center for ways to make sure your child gets the nutrition and calories needed to grow. Let’s get started!

WHAT ABOUT DRINKING?

1. After your child’s first birthday, offer all liquids from a “sippy cup” to allow him to work on how to drink by himself. Do not let him sip from the cup throughout the day. This may make him less hungry for meals and snacks.

2. After the first year, most children do not need to rely on infant formula or breast milk to achieve good nutrition. At this point children can have full-fat cow’s milk to drink. Children with CF should not be offered reduced-fat milk, as the added fat and calories are needed for good growth and nutrition.

3. Limit the amount of water that your child drinks. Water does not have the calories your child needs.

4. Limiting juice is recommended. It does not have the same fat and calories that are found in breast milk or whole milk. Children may also learn to favor the sweet taste of juice over milk, which may lead to them not drinking milk. Also, you should limit the amount of juice to 4 ounces per day until the child is 6 years old. If your child fills up on juice, he will not have room for foods with more calories.

WHAT ABOUT EATING?

At this age, your child can eat any food, as long as it is in a form that is safe for him to chew and swallow. Here are some examples of foods and ways to boost calories. This gives you a few ideas, and your CF dietitian can give you even more!

<table>
<thead>
<tr>
<th>Food options</th>
<th>Ways to boost calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Easily chewed meats (soft and ground)</td>
<td>Add high-calorie gravy for dipping, or drizzle with oil or melt a tablespoon of butter/margarine</td>
</tr>
<tr>
<td>Coarsely chopped table foods</td>
<td>Add cheese, oil and/or butter (or all, if needed)</td>
</tr>
<tr>
<td>Chopped finger foods</td>
<td>Serve with ranch dressing for dipping</td>
</tr>
<tr>
<td>Well-cooked pasta</td>
<td>Add butter, cheese, and/or olive oil</td>
</tr>
<tr>
<td>Graham crackers</td>
<td>Serve with full-fat cream cheese on top</td>
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</tbody>
</table>

Go ahead and let your child have a child-sized spoon. He can practice holding it as you feed him. The more practice, the faster he will learn to eat on his own! Be sure to offer small safe pieces of finger foods and supervise your child to avoid him choking. Chunks of hot dog, raw apples, grapes, carrots, raisins, candy, and popcorn can cause choking.

TIPS FOR MEALTIME SUCCESS

1. Have a regular schedule. You can teach your child’s body when to be hungry by having meals and snacks at the same time each day. All of your child’s caregivers should try to follow the same routine and have the same expectations as you have at home.
   - Announce that it is mealtime and it is time to come to the table.
   - Get rid of distractions during a meal. For example, turn off the television and remove toys from your child’s sight. Children at this age can be easily distracted. This will lead to slower eating and less eating.
   - Teach your child what you expect during mealtime. Praise him for behaviors that are okay. Do not respond (no discussion or eye contact) when your child does an action that is not okay at your family table. For example, if you laugh or get upset when your child drops or throws food, he may think that you are playing a game and do this over and over again just to get your response.
2. **Breakfast** is a very important meal. It gets the body ready for the rest of the day. It might be a surprise to you, but if your child eats a good breakfast, he will usually be more hungry during the rest of the day. This could help him eat more and get more calories by the end of the day!

3. Make eating **fun**! Organize food into shapes on your child’s plate to make new foods seem more appealing! Give your child praise for good eating. If your child does a good job of eating give him a special reward after the meal, such as extra playtime or a special toy.

4. Offer a **variety** of foods. Try to offer two different types of foods for breakfast, such as scrambled eggs made with heavy cream and cooked in butter/margarine and fruit packed in heavy syrup or a breakfast meat such as bacon or sausage. You can offer three different types of foods for lunch and dinner. Try offering food such as bite sized chicken, green beans with margarine or butter, pasta or grilled cheese sandwich and soft fruit.

5. Offer 2 to 3 snacks a day in between meals. Snacks are a great way for your child to get the daily calories that he needs! Always serve snacks that require enzymes; that way your child can get the high-calorie and high-fat diet needed for children with CF to grow.

6. Try not to let your child “graze” (eating and drinking small amounts throughout the day). Allowing your child to eat outside of regular meal and snack times can lead to many challenges. It makes it harder to give enzymes if he is always eating. Your child will also not be as hungry during meals. This can lead to eating less at meals.

**TALK WITH YOUR CF CENTER**

Talk to your CF center at every visit about your child’s eating. Your CF dietitian can help you make food choices, add calories, get your child to eat and make mealtime fun. They can also help you if you are having problems. The earlier you ask the better. Good eating habits start at a young age and last a lifetime. If your child does not eat well for two or three days, you should talk with your CF care center or your primary care doctor.