

Arizona WIC Training

Child Nutrition Guidebook







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What Will You Learn?

While completing the Child Nutrition LMS course and this associated guidebook, you'll learn the basics of child nutrition, family meals, physical activity, and dental health.

After completing the Child Nutrition LMS course and guidebook, the trainee will be able to:

- Describe the Division of Responsibility for toddlers through adolescents
- Share recommendations about child portion sizes, offering desserts, and making mealtimes pleasant
- Provide recommendations to help caregivers struggling with demands such as catering to food requests, feeding "picky" eaters, getting their children to eat more, or getting their children to eat less
- Describe the Division of Responsibility for physical activity for toddlers through adolescents
- Provide recommendations to caregivers regarding daily dental care and the frequency of dental visits

Items Needed for This Course

- Pen or pencil
- Access to Child Nutrition LMS course

Recommended Time

- Approximate time it takes to complete the Child Nutrition LMS course: 1-2 hours
- Approximate time it takes to complete this Child Nutrition Guidebook and discussion with your trainer: 1-2 hours

Things to Remember

- This guidebook is yours to keep.
- You are encouraged to take notes, highlight, and write in this guidebook.
- As your trainer chooses, you may work in a group or as an individual.
- You are encouraged to ask your trainer(s) for help, ask questions about the information in the course, or ask any questions about additional topics related to Child Nutrition training.

Child Nutrition Course Instructions

Log onto https://www.train.org/arizona/home
Open and complete the Child Nutrition LMS course module and the corresponding Child
Nutrition Activities in this guidebook.
At your trainer's discretion, complete the Child Nutrition LMS course and guidebook, either
individually, with other trainees, or with your trainer.
Complete the Child Nutrition Post-Test.
Meet with your trainer at their discretion to discuss each module of the Child Nutrition LMS
course and the associated activities in this guidebook, either after each module, or after all
modules have been completed

Module 1: Child Nutrition (18 Months to 5 Years)

MODULE 1 COMPETENCIES:

- 1. Trainees will be able describe the Division of Responsibility for toddlers through adolescents.
- 2. Trainees will be able to share recommendations about child portion sizes.
- 3. Trainees will be able to share recommendations about offering desserts to children.
- 4. Trainees will be able to share recommendations about helping caregivers make mealtimes pleasant.

Module 1: Questions

1. What is the Division of Responsibility for toddlers through adolescents?

2. What information can you offer to caregivers asking about portion sizes for children?

4. What recommendations would you offer to caregivers to help them have pleasant mealtimes?

Module 2: Common Feeding Problems and Solutions

- 1. Trainees will be able to provide recommendations to caregivers who are struggling with the demands of catering to food requests.
- 2. Trainees will be able to provide recommendations to caregivers who are struggling with feeding "picky" eaters.
- 3. Trainees will be able to provide recommendations to caregivers who are struggling to get their children to eat more.
- 4. Trainees will be able to provide recommendations to caregivers who are struggling to get their children to eat less.

Module 2: Questions

Directions:

Answer the following questions.

1. What tips can you offer to a caregiver struggling with the demands of catering to food requests?

2. What tips can you offer to a caregiver struggling with a "picky" eater?

3. What tips can you offer to a caregiver struggling to get their child to eat more?

4. What tips can you offer to a caregiver struggling to get their child to eat less?

Module 3: Child Physical Activity and Dental Recommendations

MODULE 3 COMPETENCIES:

- 1. Trainees will be able to describe the Division of Responsibility for physical activity for toddlers through adolescents.
- 2. Trainees will be able to provide recommendations to caregivers who are struggling to get their children to exercise more.
- 3. Trainees will be able to provide recommendations to caregivers regarding daily dental care and frequency of dental visits.
- 4. Trainees will be able to provide recommendations to caregivers regarding fluoride for children.

Module 3: Questions

1. What is the Division of Responsibility for physical activity for toddlers through adolescents?

2. A caregiver tells you that he wants his 4-year-old child to lose weight by being more physically active, but he cannot get his child to be that physically active, no matter how much he tries to encourage her. He asks for your ideas. What recommendations would you share with him?

3. What recommendations could you share with caregivers about daily dental care and frequency of dental visits for children?

4. What recommendations could you share with caregivers about fluoride for children?