

A Happy, Healthy Child

What can I expect my child to do as he grows?

At 1 to 2 years old your child will

- Grasp and release foods with his fingers
- Be able to hold a spoon but won't be able to use it very well
- Be able to use a cup but will have difficulty letting go of it



At 2 to 3 years old your child will

- Eat less
- Like to eat with his hands
- Like routine
- Have favorite foods

At 3 to 4 years old your child will

- Be able to hold a cup by its handle
- Be able to pour from a pitcher
- Be able to use a fork
- Request favorite foods
- Be influenced by television
- Like to imitate the cook

At 4 to 5 years old your child will

- Be able to use a knife and fork
- Be more interested in talking than eating
- Continue to have food jags (wanting the same foods several days in a row)
- Like to prepare food
- Be interested in where food comes from
- Be more influenced by her peers

