

Your Toddler

Brought to you by the My Family Beginnings™ by Enfamil A+® program | volume 21

**Your toddler's brain
will never grow
as fast as it does
in the first 3 years**

See inside.

6 important
nutrients for
your toddler

Visit
enfagrow.ca/promotions
for great money-saving offers



For more information, visit enfagrow.ca

ENFAGROW A+®
RECOMMENDED BY
DOCTORS

In fact, 85%
of brain growth
is complete by age 3.



Support your toddler's growth and development with a balanced nutritional drink that includes DHA, a type of Omega-3 fat and an important building block of the brain. Enfagrow A+® is an every day toddler nutritional drink that is made with real milk and has 26 nutrients including:

Brain-building DHA* + Iron + Protein + A fibre blend†

You can easily add Enfagrow A+ to your toddler's daily diet
at meal or snack time.

enfagrow.ca

Enfagrow A+®

Nourishing toddlerhood.™

Enfagrow A+ is a nutritional supplement, for toddler 12-36 months old.
Not intended for infants under 12 months.
* DHA supports the normal physical development of the brain, eyes,
and nerves primarily in children under 2 years of age.
† galactooligosaccharide (GOS) and polydextrose

Your Toddler

Brought to you by the My Family Beginnings™ by Enfamil A+® program | volume 21

Your toddler's brain will never grow as fast as it does in the first 3 years. That's why it's important to ensure they get balanced nutrition and stimulation they need to help them reach key developmental milestones.

What's inside

- 4 85% brain growth is completed by age 3
Now is an important time for brain-building DHA*.
- 6 Including DHA in your toddler's diet can be a challenge
DHA may be missing from your toddler's diet.
- 7 Toddler snack and meal Q&As
Balanced nutrition helps give your toddler the energy and nutrients she needs.
- 8 6 important nutrients that help support your toddler's development
As your toddler grows, their nutritional needs change.



Join our Toddler Tips Centre

Go to enfagrow.ca and watch our latest video series, Enfagrow A+® Toddler Tips.

For more
information,
visit whydha.ca

85% brain growth is completed by age 3

Now is an important time for DHA*

What is DHA?

DHA is a type of Omega-3 fat and an important building block of your toddler's developing brain.

Why is DHA important for your toddler?

A toddler's brain contains Omega-3 fat and most of that fat is DHA, a brain-building nutrient*. Their brain will never grow this quickly again—and that's why now is an important time for DHA*.

How can my toddler get DHA?

Good sources of DHA are fatty fish such as salmon and Atlantic mackerel, but these foods may not be popular with many kids. As you can see, it's not always easy for your child to get brain-building DHA*.

DHA-enriched toddler drinks offer a simple way to provide this important nutrient.

Enfagrow A+® is an every day toddler nutritional drink with brain-building DHA* and is an easy addition to your toddler's regular diet. It's the #1 Choice of Moms and Recommended by Doctors.

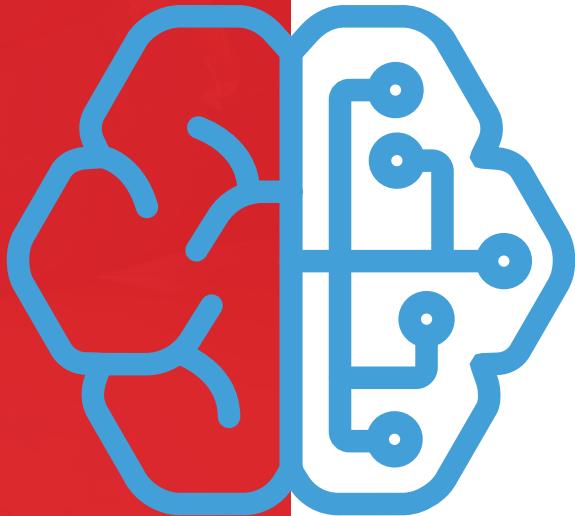
* DHA supports the normal physical development of the brain, eyes, and nerves primarily in children under 2 years of age.



9 out of 10

doctors agree that DHA-enriched nutrition is a practical way to support normal brain development in children under the age of 3.

For more information, visit whydha.ca



Nutrition lays the groundwork for brain development by helping to:

- ▶ Support brain growth
- ▶ Maintain brain function
- ▶ Build and strengthen connections

Brain-building DHA* (a type of Omega-3 fat): Key building block of a developing brain

Iron: Important for normal cognitive development

Carbohydrate: Main source of energy for the brain

Protein: Building block of the brain

* DHA supports the normal physical development of the brain, eyes, and nerves primarily in children under 2 years of age.

Including DHA in your toddler's diet can be a challenge

The toddler years are a time of continued brain growth, but brain-building DHA* may be missing from your toddler's diet.

Foods many toddlers love—but with zero DHA



Avocados



Grapes



Cereal

Some foods with DHA—but is your toddler eating them?



Cod liver oil



Salmon



Mackerel



Enfagrow A+® is an every day toddler nutritional drink with brain-building DHA*. It's an easy addition to your toddler's regular diet.

Learn more at whydha.ca

* DHA supports the normal physical development of the brain, eyes, and nerves primarily in children under 2 years of age.

Toddler snack & meal Q&A



Q: How can I add snacks to my toddler's diet?

A: Toddlers require nutritious snacks between meals to fuel their growth and development. Try to serve foods that might be missed at meals, such as fruit and vegetables. The best snacks are small, nutritious and appealing to your toddler.

Q: How much should they eat?

A: Let your toddler decide. A toddler's appetite can change from day to day, so don't force them to eat or limit the amount they eat.

Q: What can my toddler eat?

A: Feed your toddler what the rest of the family eats. Use the proportions of foods on the Canada's food guide plate as a tool to help you make healthy meals or snacks. Remember that toddlers may require less food, so you may need to serve a mini version of the meal.



Sample Healthy Meals for Toddlers 1 to 3 years old

Breakfast	Oatmeal with milk, berries, soft boiled egg, milk in a cup or breast milk
Morning Snack	Apple slices, plain, vanilla or fruit yogurt, water
Lunch	Baked beans, lentils or dhal, whole wheat pita with hummus, cooked sliced carrots, milk in a cup or breast milk
Afternoon Snack	100% whole wheat unsalted crackers, cheese cubes, Enfagrow A+®
Dinner	Baked salmon flavoured with sesame oil (high in DHA), quinoa or whole wheat couscous, sweet potato, milk in a cup or breast milk
Bedtime Snack	Grapes (cut into quarters), homemade mini banana muffins, Enfagrow A+®

6 important nutrients that help support your toddler's development

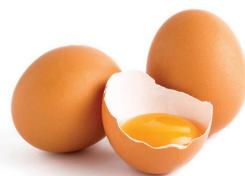
Good nutrition will help your toddler reach developmental milestones.



DHA (a type of Omega-3 fat)

Why does my toddler need it?
85% of brain growth is completed by age 3. That's why now is an important time for brain-building DHA*, which helps support normal brain development.

Where can they get it?
Most foods toddlers eat are low in DHA, which is found naturally in fatty fish like salmon. In fact, 2 out of 3 toddlers are not eating fish on a weekly basis†. Enfagrow A+® is an every day toddler nutritional drink and an easy way to give your toddler more brain-building DHA.



Iron

Why does my toddler need it?

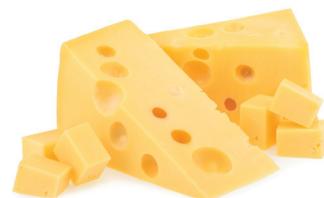
- Carries oxygen from the lungs to all parts of the body
- Helps red blood cells form and function
- Helps the brain develop

Where can they get it?

- Meat, fish, poultry, eggs, enriched grain products, tofu and legumes

Iron from animal sources is absorbed more efficiently than iron from plant sources.

To increase the iron absorbed from plant foods, serve them with foods rich in vitamin C.



Calcium

Why does my toddler need it?

- Helps build strong, healthy bones and teeth
- Helps the heart, muscles and nerves work properly

Where can they get it?

- Dairy products (such as milk, cheese and yogurt), fortified orange juice, tofu (set with calcium) and canned fish with bones



Vitamin D

Why does my toddler need it?

- Helps the body absorb calcium
- Works together with calcium to help maintain healthy bones and teeth

Where can they get it?

- Fortified milk, certain kinds of fish, fortified eggs and fortified orange juice

The body can also synthesize vitamin D in the skin from exposure to sunlight—hence its nickname, the “sunshine vitamin”.



Vitamin C

Why does my toddler need it?

- Helps keep gums healthy
- Helps support the immune system
- Promotes iron absorption
- Helps heal cuts and wounds

Where can they get it?

- Vegetables and fruit such as red and green peppers, broccoli, strawberries, kiwi, citrus fruits and juices



Protein

Why does my toddler need it?

- Essential for keeping the body functioning well
- Part of every cell in the body
- Needed to build and repair muscle, tissue, skin, nails and hair
- Helps build hormones and enzymes

Where can they get it?

- Meat, poultry, fish, eggs, tofu, legumes, nuts, nut butters, milk, cheese, cottage cheese and yogurt



Up to 2 servings a day of **Enfagrow A+®**, as part of your toddler's overall diet, may help them get closer to or reach recommended levels of DHA, iron, calcium, vitamin C and proteins.

* DHA supports the normal physical development of the brain, eyes, and nerves primarily in children under 2 years of age.
† Based on a survey of over 800 Moms across Canada with toddlers aged 9–36 months of age.

Your toddler's developmental milestones

Healthy toddler brain development is measured by milestones in four areas: **cognitive** (thinking), **motor** (movement), **communication** and **social**.

By understanding the milestones that signal brain development, you'll be able to track your toddler's progress. Make sure they have stimulation and good nutrition, including brain-building DHA*, that can help them reach milestones.



Look for these milestones

	Cognitive	Motor	Communication	Social
1-2 years	<ul style="list-style-type: none"> Exercises their problem-solving abilities to find a hidden toy May do something over and over to find out how it works Stacks blocks or puts objects into a container 	<ul style="list-style-type: none"> Stands without support and takes their first steps May experiment with walking backwards or throwing a ball 	<ul style="list-style-type: none"> Understands around 70 words by first birthday Understands concepts of up, down, off and hot 	<ul style="list-style-type: none"> Enjoys imitating your actions, such as talking on the phone or stirring a pot May show empathy (for example patting your back when you're upset)
2-3 years	<ul style="list-style-type: none"> Gets pleasure from silliness, such as the idea that a toy car might "moo" instead of "beep" Remembers what happened yesterday Acts out their own stories and applies logic to situations Loves to play pretend 	<ul style="list-style-type: none"> Walks up stairs one foot at a time and balances on one foot May be able to walk backwards May dress themselves or pedal a tricycle Likes to climb Scribbles or draws a circle or a vertical line 	<ul style="list-style-type: none"> Uses longer sentences (3-4 words) to express what they are feeling and thinking May use as many as 900 words Can ask questions, understand sentences with two or more ideas and may know their first and last name 	<ul style="list-style-type: none"> Is interested in friendships but has trouble sharing Mimics other children Has one or two good friends

Developmental milestones: how to stimulate them

Creating a stimulating environment for your toddler helps their brain develop important pathways and learn how to respond to the world.

1-2 years

Playing with your child is a great way to encourage their cognitive development. Be patient and give them lots of positive reinforcement.

Encourage their motor development by letting them hang on to your fingers when necessary and providing lots of praise.

2-3 years

Talking and responding to your child is one of the best things you can do to boost their communication skills and intelligence.

Activities like drawing with chalk, playing with stuffed animals wearing clothing with fasteners, and stringing large beads help develop their motor milestones.

Without hovering or directing play, offer guidance during group playtime such as "use your words" or "give your friend a turn" to build social development.



Life with your toddler: dealing with common challenges

Temper tantrums

Tantrums are a normal part of their emotional development. Setting consistent limits, allowing your toddler to make choices, and redirecting their attention can all help prevent them.

When tantrums do happen, try to remain calm. Offer gentle comfort without going overboard, as some toddlers will seek the added attention.

Separation anxiety

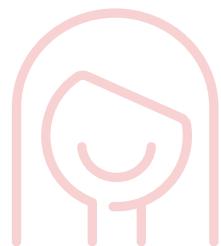
Your toddler's worries are entirely normal, and telling them this may ease their anxiety. It may also help to let them know ahead of time, talk about their fears, and remind them that you have always come back before.

When it comes time to leave, staying calm, loving, and confident will reassure them.

Playing alone

This one is easy—just don't worry about it!

Parallel play is the main way young toddlers play together. Seated side by side, they happily pursue their own activities without interacting with one another. They are probably having a good time just being close and learning by watching one another! Forcing them to interact simply isn't necessary.



Taking care of you 5 simple self-care strategies

Becoming a parent changes your life, but parenting a toddler can be, well, a lot. You may be working and contributing at home while also dealing with new routines, sleep disruptions, and changes in relationships with friends, family and yourself. You would do anything for your family, but you still need to take care of yourself. Self-care is not an indulgence—it is a necessity with many possible physical and mental health benefits. Taking care of yourself can help ensure you have more energy, patience and positivity to be an even better parent and more supportive partner, and take on challenges you may face. But it won't just happen. You need to make self-care a priority. Here are 5 things you can do:

Get your body moving

Exercise relieves stress, boosts your immune system and helps you focus and stay grounded.

On your own: Go for a walk, run, bike or hike to get some fresh air. Work out or do yoga. Whatever your thing is, try to turn it into a regular, realistic routine.

With your toddler: Stretch, go for a long walk or bike ride with a stroller or baby carrier.

Reach out to someone

Sharing your anxieties and frustrations (and successes!) can be therapeutic and may help you work through challenges.

On your own: Have a check-in chat with a friend, keep a journal to reflect on your daily stresses and solutions, join a parent support group or see a therapist.

With your toddler: Meet a friend at a playdate or parent meet-up group.

Have something to look forward to

Envisioning the future can help you deal with the day to day.

On your own: Plan your dream home, your next career move or a getaway weekend with your squad.

With your toddler: Plan a family vacation or an art or building project you can do together to get creative and make memories.

Take some time for you

If you don't, you'll give it all to others.

Read, enjoy your hobby or pastime, meditate, get a massage, breathe, take a bath—or do nothing at all!

Go out and treat yourself to something special.

Look after your health

You need to be healthy to care for others.

Make sleep a priority, eat well, drink lots of water and schedule wellness visits for you—not just your child.



TOP 10 Toddler feeding tips

Here are ten ways to help ensure your toddler eats a balanced diet to support your toddler's healthy development.

- 1 Stick to regular meal and snack times.
- 2 Offer a wide range of shapes, colours, flavours and textures.
- 3 Start with a small portion and let them ask for more.
- 4 Don't worry if they insist on skipping a snack or a meal. Toddlers eat more or less depending on their size, activity level and how fast they are growing.
- 5 Give your toddler choices and offer new foods often. Toddlers love opportunities to make their own decisions.
- 6 Limit the amount of juice. Juices can fill up a toddler's tiny tummy, leaving no room for more nutritious foods. Offer no more than 125 mL (1/2 cup) of juice per day.
- 7 Offer 2–3 cups (500–750 mL) of cow's milk each day for a good source of calcium and vitamin D.
- 8 Make it a family affair. Children who eat with their family regularly have healthier eating habits.
- 9 Involve your toddler in menu planning, shopping and cooking.
- 10 Keep your toddler active. Plenty of exercise helps them grow and develop normally while maintaining a healthy weight.



Canada's Food Guide Recommendations for toddlers

Look to the plate icon for guidance on how to distribute each food group, but remember, trust your toddler to follow their hunger cues and decide how much to eat!



Have plenty of vegetables and fruit

Provide a variety of textures, colours and shapes.

Cooked vegetables
Soft fruit

pears, apples, berries,
broccoli, peaches,
cabbage, leafy greens.

Vegetables and fruits are high in vitamins, minerals and fibre.



Choose whole grain products as often as possible

Piece of toast
Cereal (hot or cold)
Pasta or rice

quinoa, whole grain
pasta, whole grain
bread, whole oats.

Whole grain foods are great sources of energy, fibre, vitamins and minerals.



Eat protein foods

Choose lean meats and plant based proteins such as peas, beans, tofu or lentils.

Yogurt
Cooked meats or meat alternatives
Egg
Fish
Milk

eggs, lean meats and
poultry, fish, beans, peas
and lentils.

Proteins provide energy and are important to build and repair tissues. Protein foods are rich in protein, vitamins and minerals like iron, and plant based proteins are richer in fibre and lower in saturated fats.



Beverages

If your toddler seems thirsty, water should be the beverage of choice. Limit fruit juice and other sweetened beverages.

Water
Whole milk (3.25%)

Whole cow's milk (3.25% M.F.) is recommended daily for children until 2 years old to help meet their energy and nutrient needs.



Choose foods with healthy fats

Do not restrict nutritious foods because of their fat content, fat is an important source of energy for development and growth of children.

Nuts & seeds, avocado, fatty fish,
vegetable oils, soft margarine.

Choose foods that contain healthy fats instead of those with saturated fats.



Post this guide on your fridge for easy reference

12–36 Months
Contains brain-building DHA†
and made with real milk.



For free sample visit enfagrow.ca

* Health Canada recommends that to limit the amount of mercury from fish, toddlers should eat no more than 75 g per month of fresh/frozen tuna, shark, swordfish, marlin, orange roughy and escolar. Albacore (white) canned tuna should be limited to 75 g per week.
† DHA supports the normal physical development of the brain, eyes, and nerves primarily in children under 2 years of age.



Special feature:

Check out our sessions with a Registered Dietitian.
Get your nutrition questions answered.

Enfagrow A+® Toddler Tips Centre

Want to connect to a community of Moms?

Our Toddler Tips Centre lets you chat about life with your toddler, share information and tips and swap your best stories, recipes and more. Join us for our latest video series, Enfagrow A+® Toddler Tips. You'll learn about toddler development, nutrition, DHA and much more!

Join the Enfagrow A+® Toddler Tips Centre at enfagrow.ca