

Appendix S: English Video Scripts

GFX: TITLE CARD

OPEN ON our TODDLERS and their CHILD CARE PROVIDER happily sitting around a table enjoying mealtime while we hear...

NARRATOR:

Welcome to our Tips for Introducing New Foods to Toddlers(NAME). 1 to 2-year-olds are interested in the world around them and eager for new experiences. Here are a few ways to encourage this curiosity when it comes to trying new foods.

We see the meal being served is the Chicken and Rice bowl [Note: we need to confirm the meal to be used in each script]. The children eat the chicken and rice with their fingers or using child-sized utensils. They are enjoying the meal.

NARRATOR:

Do you let the children in your care help with meal prep? This is a great opportunity to introduce foods. Making new foods fun with stories, art, or science activities can also feed a curious toddler's appetite for knowledge. Pairing new foods with favorite foods that toddlers already enjoy can get them excited about eating them. It can be as easy as offering a new vegetable with a favorite meal.

The child care provider shows a plate of steamed bite-sized broccoli florets to the toddlers.

CUT TO a close-up of the broccoli and chicken and rice bowls. The FRAME FREEZES and a TITLE POPS ON: *Introduce new foods with familiar foods.*

BACK TO the mealtime scene, where the child care provider begins to speak to the children.

CHILD CARE PROVIDER (to toddlers):

Today we're going to eat something new with our chicken and rice.

The child care provider serves the broccoli to the toddlers.

NARRATOR:

If you're in the habit of talking about new foods as you serve them, you know that these conversations interest children and make them more likely to try the foods.

CUT TO the child care provider speaking to the toddlers. FRAME FREEZES and a TITLE POPS ON: *Talk about foods as you introduce them.*

CHILD CARE PROVIDER (to toddlers):

This is broccoli. What color is it? Is it green?

The children respond by nodding, shaking their heads, and/or repeating back words.

CHILD CARE PROVIDER (to toddlers):

What does it feel like? Crunchy? Squishy?

The toddlers look at, touch, and taste the broccoli. The children respond by nodding, shaking their heads, and/or repeating back words.

The child care provider enthusiastically eats a spoonful of chicken and rice with broccoli.

NARRATOR:

You're already teaching good eating habits by practicing them yourself. Watching you try new things inspires your little ones to try them, too. You can also seat adventurous eaters next to toddlers who need more encouragement.

CUT TO a toddler eating broccoli while another toddler watches. The FRAME FREEZES and a TITLE POPS ON: *Let children observe others eating new foods.*

BACK TO the toddlers and child care provider enjoying their meal.

NARRATOR:

And, offer help when needed.

CUT TO a close-up of child care provider helping a toddler eat with a spoon.

NARRATOR:

If a child doesn't want to taste a new food right away, don't worry. Children may need to be offered a new food 10 times or more before they try it. Keep offering the food at meals and snacks without pressuring children to eat it.

The toddlers and child care provider finish eating. They stand up from the table and head to their next activity.

NARRATOR:

Can you use one or more of these strategies along with your methods for introducing new foods? Do the children in your classroom have a favorite meal you can pair with a new vegetable? What exciting words can you use to talk about new foods? Is there an adventurous eater in your classroom who you can seat next to children who are more hesitant? We hope these strategies help make mealtimes easier, more fun, and more enjoyable for your entire classroom.

GFX: END CARD

GFX: TITLE CARD

OPEN ON our TODDLERS and THEIR CHILD CARE PROVIDER happily sitting around a table enjoying mealtime while we hear...

NARRATOR:

Welcome to our Toddlers Self Feeding Tips(NAME), We're excited to share a few best practices for feeding 1 to 2-year olds. Toddlers are constantly learning and developing and self-feeding at mealtimes can be a big step in developing independence.

We see the meal being served is the Chicken and Rice bowl [Note: need confirmation that we can use same meal throughout all videos.] The Toddlers eat in a variety of ways, from using their fingers to using child-sized utensils. The Provider feeds the infant. All the children and the Provider look relaxed. They are enjoying each other's company around the table.

NARRATOR:

As you may know, self-feeding helps toddlers develop motor and social skills which can make mealtime easier for everyone. Who doesn't want that?

A Toddler claps his/her hands. The FRAME FREEZES and a TITLE POPS ON: *Self-feeding develops motor and social skills.*

NARRATOR:

Let's explore some information about self feeding that you may or may not be familiar with. For instance, did you know that children can strengthen the small muscles found in their fingers when they pick up bite-sized foods.

BACK TO our mealtime scene, the Toddlers explore using utensils and serving themselves from a bowl.

NARRATOR:

Using their fingers or child-sized utensils and cups gives children a chance to be independent and autonomous, which is key for healthy development.

In a closer shot, a Toddler easily eats with his/her fingers. The FRAME FREEZES and a TITLE POPS ON: *Independence is key for social emotional development.*

NARRATOR:

Preparing table food that is soft and in small pieces is one of the small steps you can take during mealtime to assist children in learning how to feed themselves .

CUT TO a Toddler picking up a soft carrot with a child-sized fork, while another child looks on. The FRAME FREEZES and a TITLE POPS ON: *Providers and peers can model self-feeding.*

NARRATOR:

You can teach self-feeding by modeling eating with a spoon or fork. It's also good to remember to encourage children to try new things, even if it means a few more messy moments. And don't worry, little spills can lead to big lessons. You'll be showing your little ones the skills they need to make mealtime easier for everyone.

Child care Provider shows a Toddler how to clean up a spill from a cup.

NARRATOR:

[Toddlers] can eventually learn to eat independently, sit still during meals, and even help clean up messes, leaving you free to spend more time with more children.

Mealtime comes to end. The Provider and children clean up and the children get along happily.

Supervision is always necessary, but encouraging independence creates an environment that enables children to safely and happily develop a new skill. You probably have a few practices you're already doing. Are you offering more table food, encouraging eating with child-sized utensils, or perhaps modeling? We hope this video will help you plan out your steps to encouraging self-feeding with the Toddlers in your care.

GFX: END CARD

GFX: TITLE CARD

OPEN ON an INFANT, TODDLERS, a YOUNG CHILD and THEIR CHILD CARE PROVIDER happily sitting around a table enjoying mealtime while we hear...

NARRATOR:

Welcome to (NAME TBD–Serving Milk to Toddlers). We’re going to share some recommendations for transitioning 1 to 2-year olds from breastmilk and formula to whole milk and low and fat-free milks.

The children, ranging from infant to toddler to a young child, have a bottle and different colored cups in front of them as they excitedly settle in for meal time. The meal is the Chicken and Rice bowl – 1 ounce shredded chicken, cooked brown rice, steamed bite-size broccoli florets, ½ cup cooked diced carrots.

NARRATOR:

As many of you know, the Child and Adult Care Food Program, also known as CACFP, meal pattern requires serving children different milk types as they grow up.

With the help of a provider, one-year-old drinks from a red cup while an older child, at the same table, drinks from a green cup – 1-year-olds: ½ cup of unflavored whole milk, 2-year-olds: ½ cup of unflavored low-fat or non-fat milk.

NARRATOR:

Children from the time they’re born until they’re 5, have different nutritional needs. While we recommend referring to the [CACFP REFERENCE TBD] for more specific guidelines, generally the CACFP meal plan allows time for children to get used to milk with different amounts of fat.

The Provider fills a red cup with ½ cup of unflavored whole milk in a white and red carton with a plain label that says “Whole Milk”, then fills the green cup with ½ cup of unflavored low-fat milk (in a white and blue carton with a label that says “Low-fat Milk”).

NARRATOR:

For infants, breastmilk and infant formula provide the fat they need for healthy development.

Back to our mealtime scene, an infant enjoys breastmilk from a bottle and we FREEZE FRAME.
TITLE POPS ON: *0 - 11 months provide breastmilk and infant formula*

NARRATOR:

OMB Burden: According to the Paperwork Reduction Act of 1995, an agency may not conduct or sponsor and a person is not required to respond to, a collection of information unless it displays a valid OMB control number. The valid OMB control number for this information collection is 0584-0524. The time required to complete this information collection is estimated to average 5 minutes per response, including the time for reviewing instructions, search existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to: U.S. Department of Agriculture, Food and Nutrition Service, Office of Policy Support, 3101 Park Center Drive, Room 1014, Alexandria, VA 22302, ATTN: PRA (0584-0524). Do not return the completed form to this address.

Toddlers 13 to 23 months should be provided breastmilk and whole cow's milk.

He/she happily drinks milk in the red cup and we FREEZE FRAME. TITLE POPS ON: *13 - 23 months provide breastmilk and/or unflavored whole milk.*

NARRATOR:

Once children turn 2, they do not require as much fat in their diets and you should switch to low-fat or fat-free milk.

Back to our mealtime scene, everyone enjoys the meal and the Young Child drinks from a green cup and we FREEZE FRAME. TITLE POPS ON: *Over 2-years old provide low-fat or fat-free milk*

NARRATOR:

Providing different types of milk to a range of age groups takes some planning. Here are a few tips to keep things flowing. Start by putting different types of milk in different colored pitchers and using matching color cups to make it easier to identify milk types.

The Provider fills a red pitcher with unflavored whole milk from a carton labeled whole milk. Then the Provider fills a green pitcher of low-fat milk from a carton labeled low-fat milk. It's apparent that she's enjoying sharing how she does it for the camera. She walks off to bring the pitchers to the children.

NARRATOR:

And for transitioning infants, try adding a little whole milk to the bottle or cup of formula or breastmilk, then gradually increase the amount over time. This helps the babies get used to cow's milk. You can also try this with older children moving from whole milk to low-fat or fat-free milk.

Back to our mealtime scene, everyone enjoys the meal and has his/her distinct drinking cup.

NARRATOR:

Hopefully you're now thinking of ways you can transition your little ones to different types of milk. Will you use color-coded cups? Are you thinking about which children, you can start gradually transitioning from one type of milk to another? And, as always, it helps to share tips with parents. Whatever your strategy, we hope this video will make serving milk to Toddlers easier.

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