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To: scott@afamilyforeverychild.org
Subject: Adoption Nutrition



Dear ,

Nutrition is an issue with many of today's youth, but especially in foster and adopted children. Your adopted child may seem to be healthy, but in reality they are lacking key nutrients that is impacting their growth, development and health. The following should help you make sure that your child is getting the nutrients he/she needs to be healthy.

*Please note that the information included in this newsletter is for informational purposes **only** and should not be considered as medical advice. Contact a pediatrician for more information on nutritional deficiencies.

What You Need to Know

Insufficient pre-natal nutrition, malnutrition in infancy, and post-adoption growth spurts are some of the most common reasons a healthy looking child may be lacking when it comes to proper nutrition. Other common nutritional deficiencies include anemia, failure to thrive, calcium deficiency, iodine deficiency, and Vitamin A deficiency. Becoming familiar with the [different types of deficiencies](#), foster children experience, [their possible causes](#), and how to treat them will benefit your child in the long run. For more information, please visit [Adoption Nutrition: What Every Parent Should Know](#).

Pre-Adoption Preparation

Trying to make sure your child receives proper nutrition can be a struggle, especially if your child has a challenging eating behaviors like Pica or hoarding, or is resistant to your attempts to make sure he/she eats well. Environmental changes, food changes, and other adjustments to their new family also impact a child's willingness to eat good food. For more information on how you can make the transition a little smoother, visit [Adoption Nutrition: Pre-Adoption Prep](#) for more information.

Your First Meals Together

There really is no "golden rule" for feeding adopted children, especially if they bring unique feeding challenges to the table. You may find yourself adjusting meal times and what foods you serve to help your child adjust. Children should have a say in what they eat and when. Don't force feed your child; if they are not hungry, they can eat later. If your child refuses to eat at all, consult a medical professional. Work with your child on finding foods he/she likes, and then slowly introduce other foods. For more information, visit [Adoption Nutrition: The Golden Rule](#).

Other suggestions on helping your child transition into a more regular diet include:

-Serving foods that you know are enjoyed by a majority of children (pizza, spaghetti, pasta, cereal, pancakes, etc.)

-Don't assume your child won't eat healthy foods, like fruits or vegetables.

-If your child rejects what you have served, don't assume he/she doesn't like. Serve it again and again, as they may not be familiar with it, which is why they are rejecting it. If they see you eating it, they will try it eventually.

-When you first bring your child home, they may eat an enormous amount of food. This is pretty common, but make sure that your child doesn't eat to the point of vomiting. If your child consistently eats until they make themselves sick, contact a medical professional.

For more information and suggestions, visit [Adoption Nutrition: The Transition Diet](#).

Common Feeding Challenges

You may come up against feeding challenges when you bring your child home. Common challenges include:

-Difficulty eating

-Refusal to eat

-Food hoarding

-Slow growth

For more information on these common feeding challenges, visit [Adoption Nutrition: Common Feeding Challenges](#).

For more extensive information on nutrition and adopted children, including different food diet tricks and tips, visit the [Adoption Nutrition](#) website.

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