

# Examination at a Nursery during Lunchtime: Behavior Regarding Refusal in Toddlers Aged One to Two Years

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The purposes of this study were (1) to investigate behavior regarding refusal in toddlers aged one to two years and (2) to examine how caregivers deal with such behavior.

In this study, the behaviors of toddlers (n=24) during lunch time at a nursery were videotaped. Firstly, behavior regarding refusal in toddlers was classified to nine types: 1) physical refusal, 2) spitting, 3) licking one's hands, 4) verbal refusal, 5) no response, 6) pretending to sleep, 7) crying, 8) pretending to cry, and 9) others. It is argued that, particularly toward toddlers of a few months of age, caregivers should watch over them from a nearby location and promote an enjoyable atmosphere without making many approaches. Secondly, the caregivers used eight main approach actions to encourage eating by the toddlers: 1) praise and having them be watched over by familiar person, 2) toasting and promoting an enjoyable atmosphere, 3) providing examples of how to eat while eating together, 4) being fed with friends around, 5) placing the toddlers' favorite cartoon, etc., character in front of them, 6) giving the toddler expanded perspective, 7) when encouraging toddlers to eat, having caregivers give praise and making the toddlers feel happy, and 8) promoting an enjoyable atmosphere by singing nursery songs.

As a result, it was learned that caregivers should make an approach by focusing on promoting independence in the toddlers and by helping the toddlers enjoy themselves.