Food for Thought

What foods does your child like to eat?
Do you eat together as a family?
Do you allow your child control over how much they eat?
Do you offer a dessert as a reward?
What types of activities do you do as a family?

Feeding Advice

- Provide your child with healthy, planned snacks twice a day.
  - Don’t offer snacks before meals.
  - Think of snacks as small meals between bigger meals, give your child the same kind of foods you would give at meal time.
  - Limit sweets, desserts & avoid giving them candy.
  - Give water for thirst.
  - Your child should be allowed to stop eating when they are full.
  - Avoid eating in the car.
- Sit down and eat together as a family.
  - Children like to eat with other people and they also like to see what you are eating, be a good role model.
  - You may need to offer a food more than 10 times before your child will accept it.

Be Active

- Your child will naturally like to run and climb stairs.
- When your child is awake, make sure they are not sitting for more than one hour at a time.
- Play with your child daily.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes: ____________________________________________

____________________________________________________

____________________________________________________

Child’s name __________________________________________

Height ______ Weight ______ Date __________

Weight for Height percentile _____ %