

Child's Name _____

Length _____ Weight _____ Date _____

Weight for Length percentile _____%

FOOD FOR THOUGHT

What foods does your child like to eat?

Is your baby eating as you expected?

Do you eat together as a family?

Do you allow your child to stop eating when he or she is full?

Is dessert offered as a reward?

What types of activities are you doing as a family?

FEEDING ADVICE

- Your child should be completely weaned from the bottle.
- If your child is hungry, provide him or her with healthy, planned snacks, twice a day.
 - Snacks should be offered 1-2 hours 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 and avoid giving them candy.
- Water is best if your child is thirsty.
- Your child should be allowed to stop eating when they are full.
- **Sit down and eat together as a family.**
- Be a good role model, make sure you're eating and serving foods from all 5 food groups.
- Fruits & Vegetables – 1/3 cup fresh, frozen or canned, 4-6 servings per day.
- Bread, cereal, rice, pasta – 1/2 slice or 1/4 cup, 5-6 servings per day.
- Meat, poultry, fish & eggs – 1 ounce, 1/4 cup cooked or 1 egg, 2 servings per day.
- Milk, yogurt – 1/2 cup; cheese – 1/2 oz., 3-4 servings per day.

- **100% fruit juice and no more than 4-6 oz./ day.**
- You may need to offer a food more than 10 times before your child will accept it.
- Turn off the TV at meal time.
- Do not let your child eat while in the car.
- Do not use food as a comfort or reward.

BE ACTIVE

- Your child will naturally like to run and climb.
- Make sure your child is 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:

