

24 MONTHS OLD

Child's Name _____
Height _____ Weight _____ Date _____
BMI _____ Percentile _____%

FOOD FOR THOUGHT

Do you eat together as a family?

What kind and how much milk does your child drink?

What else does your child drink?

Which foods does your child like to eat?

What kind of snacks do you offer?

Do you offer food as a reward?

How much TV does your child watch per day?

What activities do you and your child enjoy?

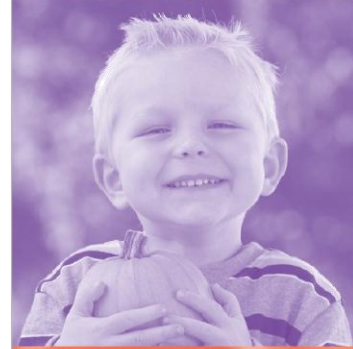
- Don't force your child to eat or to clean their plate.
- **Sit down and eat together as a family.**

BE ACTIVE

- Encourage daily play – marching, climbing, jumping, dancing and going outside – be sure to join in the FUN with your child!
- Limit screen time (TV, computer, electronic games) – no more than 1-2 hours per day and help your child choose what to watch.
- No TV or computer in your child's bedroom.

FEEDING ADVICE

- Meals should include a wide variety of healthy foods from all five food groups.
 - Serve the same food the rest of the family is eating.
 - Milk – switch to lowfat (1%) or fat free (skim) milk and include milk at every meal – 4 oz. (1/2 cup, 4 times a day) for a total of 2 cups per day.
 - Use toddler size plates, cups & silver-ware so he or she can feed themselves.
 - Give your child a variety of textures, flavors and colors – don't give them just the foods you like.
- Request information on serving sizes.
- Food “jags” (when your child wants to eat the same food over & over again) and changing appetites are normal. You shouldn't force your child to eat or get into fights with your child about food. Continue to provide 3 scheduled meals and 2 planned snacks per day – if they don't eat at one meal, they will at the next.
- **Your main job as a parent is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs).**



NOTES:

