

3 years old

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

FOOD FOR THOUGHT

Do you eat together as a family?

What is your child eating and drinking?

Does your child use a spoon and fork?

How many meals and snacks per day does your child eat?

How much TV does your child watch per day?

What play activities does your child enjoy?

Does the family play together?

- When you do serve dessert, try healthier options such as fruit or yogurt.
- **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).**
- Don't force your child to eat or to clean their plate.
- Sit down and eat together as a family.

FEEDING ADVICE

- Your child's appetite will change from day to day, continue to have 3 planned family meals and 2 healthy snacks – if they don't eat at one meal, they will at the next.
 - Serve lowfat (1%) or fat free (skim) milk at all meals.
 - Serve whole grains (oatmeal, unsweetened dry cereal, whole wheat bread)
 - Serve at least 5 vegetables and fruits per day.
 - Serve small portions and let your child ask for more.
 - Request information on serving sizes.
 - Serve the same food the rest of the family is eating.
- Establish good habits early when eating away from home.
 - Avoid eating in the car.
 - If your child is in day care or staying with relatives, make sure you know what they're eating and drinking when you are away– stay consistent with healthy eating plans.
 - Restaurants – split meals between children or share yours, order milk with the meal; don't let them fill up on pre-meal foods such as bread and crackers.

BE ACTIVE

- Encourage daily play that includes the entire family.
- Your child should be jumping, running, climbing and may be ready to ride a tricycle.
- 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.

NOTES:

