

Childs Name _____

anticipatory guidance

15 months Date _____ Length _____ Weight _____ Weight/Length ____%	Guidance No bottle Milk-16 oz./day Variety 3 meals/2 snacks Discuss Vitamin D supplementation Monitor weight for length percentile	Nutrition -Appetite decreasing -Quality meat, poultry, fish and eggs -Whole or 2 milk 2 cups/day (16 oz.) - Limit 100% juice 4-6 oz/day -No sweetened drink, water instead -3 meals and 2 healthy snacks/day -Variety, repeated offerings	Activity & Developments -Finger or spoon feedings -Walking/running -Crawl upstairs -Climbing -Never interactive for more than 60 min. at a time -No screen time recommended (TV, computer, electronic games)
18 Months Date _____ Length _____ Weight _____ Weight/Length ____%	Eating together adult role models More than 10 exposures to new food Discuss Vitamin D supplementation Monitor weight for length percentile	-3 meals and 2 healthy snacks/day -Quality meat, poultry, fish and eggs -Milk with meals -Limit 100% juice 4-6 oz/day -Family meal time -Limit sweets and desserts	-Feeds self -Running starting walking up stairs -Never inactive for more than 60 min at a time -No screen time recommended (TV, computer, electronic games)
24 Months Date _____ Length _____ Weight _____ BMI _____ Perctile ____%	Start BMI calculations Monitor BMI percentile Lowfat (1%) or fat free (skim) milk Healthy Snacks Discuss portions sizes	-Birth weight quadruples -Parental likes/dislikes -Quality meat, poultry, fish and eggs -Transition to lowfat/fat free milk -Discuss Vitamin D supplementation -Acceptable to decrease fat in diet -Variety of flavors enhance acceptance	-Play outside daily -Runs well - Unstructured play -Marching, climbing, jumping - Planned screen time– 1-2 hrs/day (TV, computer, electronic games)
3 years Date _____ Length _____ Weight _____ BMI _____ Perctile ____%	BMI calculations Monitor BMI percentile Lowfat (1%) or fat free (skim) milk Healthy Snacks Portions sizes	-Birth weight doubles -Planned family meals -Quality meat, poultry, fish, eggs and nuts/seeds -Meal time fun, cut food into shapes -Limit 100% juice 4-6 oz/day -Flexibility, varying appetites -Variety, whole grain	-Any unstructured play -30 minutes/day structured play -Rides tricycles -Avoid TV and food habit -Limit screen time to 1-2 hrs/day (TV, computer, electronic games) -Help child choose what to watch
4 years Date _____ Length _____ Weight _____ Weight/Length ____%	BMI calculations Monitor BMI percentile Lowfat (1%) or fat free (skim) milk Vegetables/Fruits Healthy Snacks Discuss portions sizes	-Quality meat, poultry, fish, eggs and nuts/seeds -Vegetables (repeated exposures) -Lowfat or fat free milk -Limit 100% juice 4-6 oz/day -Whole grain	-Throws balls -Hops on one foot -Minimum 60 minutes of physical activity daily -Limit screen time to 1-2 hrs/day (TV, computer, electronic games)
5-6 years Date _____ Length _____ Weight _____ Weight/Length ____%	BMI calculations Monitor BMI percentile Lowfat (1%) or fat free (skim) milk Healthy breakfast Limit screen time Appropriate portions sizes	-Nutritious breakfast -Quality meat, poultry, fish, eggs and nuts/seeds -Vegetable/fruits, dairy at every meal -2 healthy snacks/day -Lowfat or fat free milk - Limit 100% juice 4-6 oz/day -Limit sweetened drinks and no soft drinks	-Throwing/catching -Bike riding, skipping, dancing -60 minutes or more of physical activity daily -Limit screen time to 1-2 hrs/day (TV, computer, electronic games)