

15 months old

Pediatric Associates, Inc.

Food for Thought

Is your child still drinking from the bottle?

Is your baby eating as expected?

Does your child feed him or herself?

How much fruit punch, 100% juice, sweetened drinks or soft drinks does your child drink?

Does your child let you know when he or she is full?

What are your child's favorite playtime activities?

Do you eat together as a family?

Feeding Advice

- Make sure your child is completely off the bottle and is drinking from a cup.
 - Whole milk – ½ cup (4oz.) 3-4 servings per day.
Talk with your pediatrician or registered dietitian to determine if reduced fat (2%) milk should be used instead of whole milk. Serve milk at meals.
- 100% fruit juice and no more than 4-6 oz. per day.
- Water is best if your child is thirsty.
- Avoid sweetened beverages such as fruit punch and soft drinks.
- 3 Meals and 2 healthy, planned snacks per day
 - Fruits & vegetables – 1/3 cup fresh, frozen or canned, 4-6 servings per day.
 - Bread, cereal, rice, pasta – ½ sliced or ¼ cup, 5-6 servings per day.
 - Meat, poultry, fish & eggs – 1 ounce, ¼ cup cooked or 1 egg, 2 servings per day
 - Milk, yogurt, cheese – ½ cup; cheese – ½ oz., 3-4 servings per day.
 - Offer new foods at the beginning of the meal.
 - Give a wide variety of fruits and vegetables with different colors, tastes and textures.
 - You may need to offer a food more than 10 times before your child will accept it.
 - Allow your child to feed themselves.
 - Eat together as a family.
 - Appetite may be decreasing – Your main job as a parent is to be sure that your child is offered a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs)
 - Don't force your child to eat or clean their plate.
 - Don't use food as a comfort or reward.
- Visit www.healthychildren.org for more information about caring for your child



The Ounce of Prevention Program is a collaboration of the Ohio Department of Health, Healthy Ohio, the American Academy of Pediatrics-Ohio Chapter; Nationwide Children's Hospital; the American Dairy Association Mideast and the Ohio Dietetic Association. May be reproduced in its entirety for educational purposes. February 2010

Child's name _____

Date _____ Weight _____

Length _____ HC _____

Be Active

- Your child is naturally active, be active with them. Make sure they are not sitting for more than one hour at a time.
- Encourage walking, crawling, climbing, etc.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Safety

- Babies should ride in a rear facing car seat until 2 years old.

Emergencies

- Before heading to the ER or urgent care, **call us first!** We have same day appointments including evenings and Saturday mornings. After hours, a doctor from our practice is always on call to discuss and help you manage your child's illness.



is Worth a Pound