

24 months old

Pediatric Associates, Inc.

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?
- What 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?

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 low-fat (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 & silverware so he or she can feed themselves.
 - Give your child a variety of textures, flavors & 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 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).**
 - Don't force your child to eat or to clean their plate.
 - **Sit down and eat together as a family.**
- 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

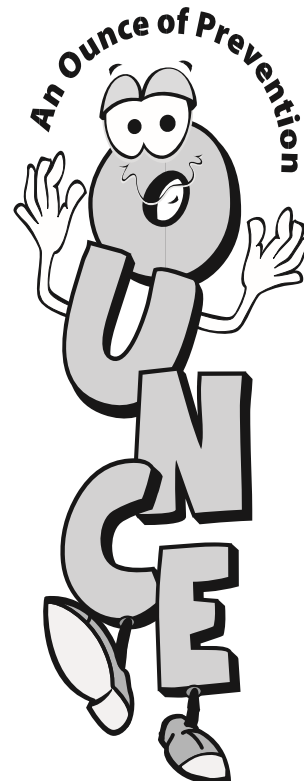
- Encourage daily play – marching, climbing, jumping, dancing and going outside – be sure to join in the FUN with your child!
- Limit screen time (TV, computer, electronic games) no more than 1-2 hours per day and help your child choose what to watch.
- No TV or computer in your child's bedroom.

Safety

- Children should ride in a forward facing 5 point harness car seat until **4 years old AND 40 pounds**. Children who meet BOTH criteria can be moved to a high back booster seat.

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