

3 years old

Pediatric Associates, Inc.

Child's name _____

Date _____ HT _____

WT _____ BP _____

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 activities do you and your child enjoy?*
- Does the family play together?*

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 low-fat (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.
 - 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.**

- Visit www.healthychildren.org for more information about caring for your child



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Be Active

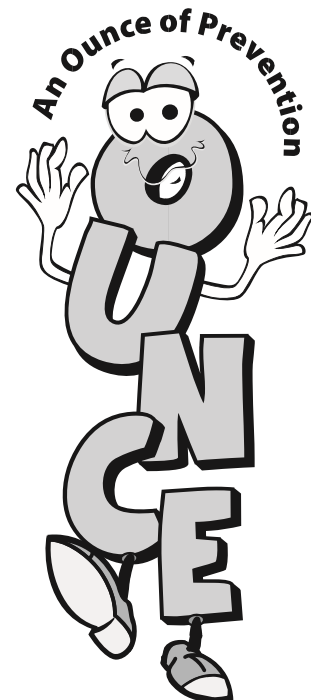
- Encourage daily play that includes the entire family,
- Your child should be jumping, running, climbing and may be ready to ride a tricycle. join in the FUN with your child!
- Limit screen time (TV, computer, electronic games) no more than 1-2 hours per day and help your child choose what to watch.
- 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