

4 years old

Pediatric Associates, Inc.

Child's name _____

Date _____ HT _____

WT _____ BP _____

Food for Thought

What foods does your child like?

What vegetables does your child like?

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

What kind of snacks are your child's favorite?

What activities does your child enjoy?

How much time does your child spend with TV, computer and video games each day?

Feeding Advice

- 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)**.
 - Trust your child's appetite. Just make sure you are giving your child healthy foods to choose from.
 - Focus on healthy snacks: cut-up fruit, raw vegetables, cubed cheese, yogurt and whole grain unsweetened cereal and crackers. Serve snacks 1-2 hours before meals.
 - Serve the same food the rest of the family is eating. Don't fix your child separate food.
 - Think your drink – make it milk at meals and water in between.
 - Keep portion sizes small and continue to use child-size plates, cups & silverware.
 - Request information on serving sizes.
 - Don't force your child to eat or to clean their plate.
 - Sleep and appetite go together. Be sure to allow your child plenty of sleep.
 - Sit down and eat together as a family.
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- Visit www.healthychildren.org for more information about caring for your child

Be Active

- Encourage 1 hour of active play each day, make physical activity a family routine. Try bike riding, skipping, dancing, jumping and running.
- Enjoy throwing and catching balls with your child.
- Play hopscotch 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

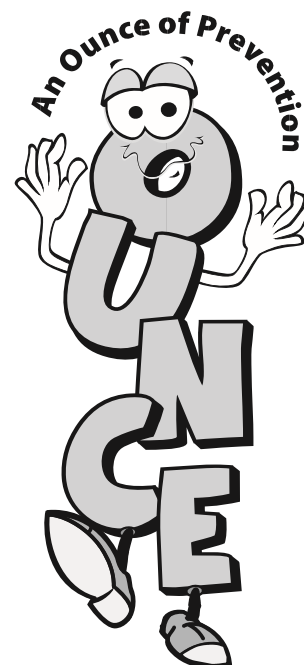
- Children should ride in high back booster seat using the car's seat belt until at least 8 years old and in a seat belt in the back seat until at least 12 years old.
- Bike helmets should always be worn when riding a bike to prevent life threatening head injury and brain damage.

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.



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is Worth a Pound