



Raising a healthy eater



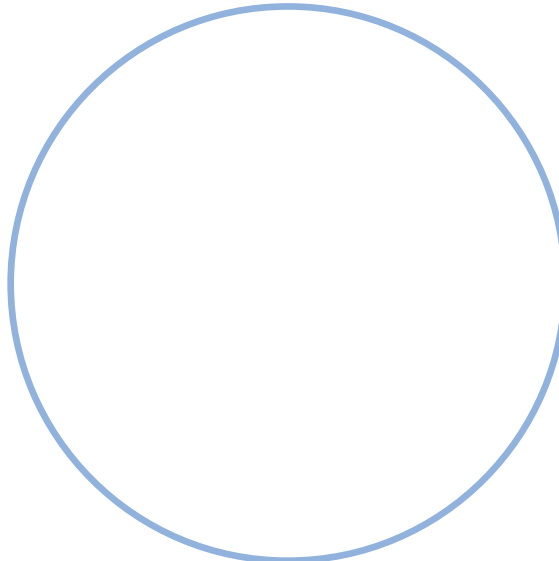
Picky eaters



Food and drinks for kids



Happy mealtimes



Active play

Child

Raising a healthy eater

Suggested Question:

- What questions do you have about raising a healthy eater?

Tips:

- Parents decide what to serve and when. Children decide how much to eat.
- Children have small stomachs and need to eat more often than adults. Serve your child 3 meals and 2-3 snacks every day.
- Children eat more on some days than others.
- Limit juice to 4 to 6 ounces per day.
- Limit foods that are high in calories and low in nutrients like Kool-Aid, soda, candy, and cookies.
- It is normal for children to eat less after the first year. They are not growing as fast.

Handout:

- *Feeding Your 1-2 Year Old*
- *Feeding Your 3-5 Year Old*

Picky eaters

Suggested Question:

- What worries you about your child's eating?

Tips:

- Parents decide what to serve and when. Children decide how much to eat.
- Refusing to eat certain foods or eating the same foods over and over again is a normal part of growing up.
- Feed regular meals and snacks, with only water in between.
- Start with small servings and then let your child ask for more.
- Children learn to like new foods by having them served over and over again.
- Do not worry if your child skips a meal sometimes.

Handout:

- *Feeding Your 1-2 Year Old*
- *Feeding Your 3-5 Year Old*

Food and drinks for kids

Suggested Question:

- What questions do you have about food and drinks for kids?

Tips:

- Serve foods that are bite-size and easy to chew, not too hot, not too cold.
- Serve foods with lots of colors, textures and shapes.
- Serve at least one thing your child likes.
- Children under age 4 can choke on foods, such as popcorn, nuts, hot dogs, and raw carrots.
- Serve your children water when thirsty instead of sweetened drinks like soda, punch, and sports drinks.
- Limit juice to 4 to 6 ounces per day.
- Only give whole milk to children age 1-2, and then change to 1% milk for age 2 and older.

Handouts:

- *Feeding Your 1-2 Year Old*
- *Feeding Your 3-5 Year Old*
- *The Facts on Fruit Juice*

Happy mealtimes

Suggested Question:

- What are your concerns about mealtimes?

Tips:

- Parents decide what to serve and when. Children decide how much to eat.
- Keep the TV off during mealtimes. Make mealtime a quiet time for talking.
- Make mealtimes a family time. Children don't like to eat alone.
- It is normal for children to play with their food. Young children are messy eaters.
- Do not bribe, play games or make your child clean their plate. Children need to control their own eating.
- Make sure kids in daycare are neither too hungry nor too full at the end of the day.

Handouts:

- *Feeding Your 1-2 Year Old*
- *Feeding Your 3-5 Year Old*
- *Ideas for Family Meals*

Topic of your choice

Child

Active play

Suggested Questions:

- What are some fun activities you do with your child?
- What questions do you have about active play for your child?

Tips:

- Children need to be active every day. Aim for 1 hour each day.
- Playing helps children learn new things and builds strong bodies.
- Limit TV and screen time to 1 hour per day.
- Find the time to play with your child everyday.
- Be a role model and exercise regularly.

Handouts :

- *Kids in Action: Fitness for Children Birth to Age 5*
- *Food for Tots*
- *Healthy Habits: Get Moving! Be Active!*