

seventh visit...

15 months

Food for Thought

Is your child still drinking from the bottle?

How does your child feed him or herself?

How much fruit drink, 100% juice, sweetened drinks or soda 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 – 1/2 cup (4 oz.) 3-4 servings per day.
 - 100% fruit juice and no more than 4-6 oz./day.
 - Water is best for extra fluids.
- 3 Meals per day and 2 planned snacks.
 - Offer new foods at the beginning of the meal.
 - Give a wide variety of healthy foods with different colors, tastes & textures.
 - You may need to offer a food more than 10 times before your child will accept it.
- Appetite may be decreasing – Your main job 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) – and your child's job is to decide how much to eat. Don't force your child to eat.



Be Active

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

Notes:

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %