

# 24 months old

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

## 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?*

*Which 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?*

- Don't force your child to eat or to clean their plate.
- Sit down and eat together as a family.

## 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.

## 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 lowfat (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 and 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 at 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).

## Notes:



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