



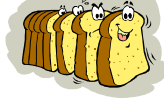

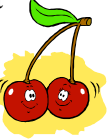




<p>How I like to play</p>	<ul style="list-style-type: none"> I play by myself, I may play near others I don't share well I like certain toys I like to throw objects, pick them up and repeat this. I like to imitate. 	
<p>How to help me learn to talk by</p>	<ul style="list-style-type: none"> Talking to me in adult language Talking to me about everything Singing songs, saying rhymes and reading to me Having my hearing checked, if you are concerned about my speech At 1-2 y.o. I am starting to put together 2 word sentences At 2-3 y.o. I have a word for everything, even if you can't understand me How I talk <ul style="list-style-type: none"> - I can say my first and last name - I can name objects in pictures 	
<p>How to wean me from the bottle</p>	<ul style="list-style-type: none"> Start weaning by 12-15 months of age. An emotional attachment to the bottle begins around 15 months. To help me wean: <ul style="list-style-type: none"> -Put only water in bottles, put milk and juice in cup -Keep bottles out of sight -Find new ways to comfort me Don't start to wean me if our family is stressed or has many changes occurring 	
<p>How to help me with toilet training</p>	<ul style="list-style-type: none"> You will know I am ready when: <ul style="list-style-type: none"> -I stay dry for 2-4 hours at a time -I understand simple directions -I prefer to be dry -I know what the "potty" is for It will be helpful if you: <ul style="list-style-type: none"> -Don't force toilet training -Don't punish me for accidents -Praise me when I am successful Children are ready at different ages 	
<p>How to keep me safe</p>	<ul style="list-style-type: none"> I must use a car seat - it's the law! <ul style="list-style-type: none"> -Kids over 1 year and between 20-40 pounds can be in forward-facing car seat -Kids under 1 year and under 20 pounds should be in a rear facing car seat -Car seats need to be put in your car correctly -Car seat safety checks are available in most communities Childproof my home: e.g. safety plugs for electrical outlets, gates at stair openings, latches for cupboards, etc. Many common household plants are poisonous to me <ul style="list-style-type: none"> -please place them out of my reach I need sun screen when I play outdoors I need mosquito repellant - check with my doctor I need to use outdoor protective equipment <ul style="list-style-type: none"> -ex: bike helmet, rollerblading pads I would like my parents certified in CPR/first aid <ul style="list-style-type: none"> -call Red Cross or a local hospital for classes Poison control # is: 800-222-1222. <ul style="list-style-type: none"> -Have syrup of Ipecac on hand just in case you are directed to use it 	
<p>How to keep me healthy</p>	<ul style="list-style-type: none"> I should visit the doctor for: <ul style="list-style-type: none"> -5 shots (immunizations) due after age 1 -Have me lead tested - at 1 year and 2 years of age I should brush my teeth twice daily and have you check them <ul style="list-style-type: none"> -I should start regular dental visits at 2 ½ - 3 years of age and then have a check-up every 6 months -Please check our water for fluoride, I may need fluoride supplements I need daily physical activity Limit t.v. & computer time to 2 hours per day or less I need to sleep 12-13 hours per night and 1-2 naps per day 	

Dear Mom and Dad,
Here's how you can raise me to be a healthy eater.

1-3 Years

Food Guidelines For Children

Food Groups		Number of Daily Servings	Children Size Servings Age 1-3	
Bread/Cereal 	<ul style="list-style-type: none"> • Ready to eat or cooked cereals • Bread, bagels • Noodles, rice • Rolls, biscuits • Enriched crackers 	8	¼ - ½ cup cereal ½ slice bread ¼ - ⅓ cup noodles, rice ½ - 1 small roll or biscuit 2 2 inch crackers ¼ bagel	
Vegetable 	<i>Children need at least:</i> <i>-One vitamin C food every day</i>	Vitamin A Foods: • Carrots • Spinach • Winter squash • Sweet Potatoes Vitamin C Foods: • Tomatoes • Potatoes • Cabbage • Broccoli	3	¼ cup cooked* ¼ - ⅓ cup 100% juice
Fruit 	<i>-One vitamin A food every other day</i>	Vitamin A Foods: • Peaches • Apricots • Cantalope • Nectarines Vitamin C Foods: • Oranges • Strawberries • Orange juice • Kiwi	2	½ piece raw* ¼ cup canned ¼ cup 100% fruit juice ¼ cup berries
Milk, Cheese, Yogurt 	- When offering milk to children under 2 years, give whole milk only.		5	½ cup milk ½ cup yogurt 1 ounce cheese
Meat, Meat Substitutes 	- Beef, Pork - Eggs - Chicken - Tofu - Fish - Cooked dried beans - Turkey		3	1 ounce of meat, poultry, or fish 1 egg, ⅓ cup beans
Fats/Oil <i>Fat is needed by children for energy and growth.</i>	- Margarine - Mayonnaise - Vegetable oil - Butter		3	1 teaspoon

*See information on choking hazards

- Limit juice to 4-6 ounces a day and milk to 16-24 ounces per day. Too much milk and juice can spoil your child's appetite and may lead to anemia. When your child is thirsty, water is the best drink.
- Children being weaned from breastmilk or formula may be at risk for iron deficiency anemia. Offer iron rich foods everyday. Such as beef, pork, chicken, beans and iron fortified cereals. Vitamin C rich foods such as oranges, mangos, strawberries, broccoli and tomatoes will help the body use iron.
- Avoid providing peanut butter before age 3 to reduce the risk of your child developing peanut allergy.

Toddlers don't grow as fast as infants. That's why they don't want to eat as much on some days. Trust their appetite and they'll eat the amount they need.



Jobs for Parents & Children for Happy Mealtimes

Children and parents each have their own jobs at mealtimes. Children will develop better eating habits when you stick to your jobs and allow your children to do theirs.

Parents:

Follow a regular schedule.

- Give your child three meals and 2 or 3 snacks a day, about every 3 hours.

Offer a variety of healthy foods in child size servings.

- You decide on the foods to offer.
- Serve three or more food groups at each meal.
- Offer two or more food groups at each snack.

Provide a comfortable setting:

- Turn off T.V. or loud music.
- Give a fork, spoon and chair to fit child's size and skills.
- Sit and eat with your child at the table.

Praise your child for good behavior at mealtimes.

Children:

Decide to eat or not to eat

- If not eating, let your child down from the table until the next scheduled meal or snack.

Choose what to eat from foods offered.

- Don't force your child to eat a food.
- Do offer it again another day.
- Your child may have to taste a new food several times before he/she is ready to swallow it.

Decide how much to eat. Let your child:

- Leave food on the plate.
- Ask for another serving.
- Eat a lot of one food served and none of another.

Parent Alert! Choking Dangers

- Don't give nuts, hard candy, popcorn, raw vegetables or peanut butter to children under age 3.
- Cut food into small pieces before serving. For example, cut hotdogs lengthwise and into quarters. Cut grapes in half.
- Don't allow your child to walk, run, or play with food in her mouth. Your child should be seated and supervised while eating.