



MY FOOD GUIDELINES

Grains (6 servings)	<p>Examples of 1 serving of grains:</p> <ul style="list-style-type: none"> • 1/4 - 1/2 slice of bread, bagel, tortilla, or bun • 1/3 - 1/2 cup of ready-to-eat cereal • 1/4 - 1/2 cup cooked oatmeal • 1/4 - 1/3 cup of rice or pasta
Vegetables (2 - 3 servings)	<p>Examples of 1 serving of vegetables:</p> <ul style="list-style-type: none"> • 1/4 - 1/3 cup of 100% vegetable juice • 1/4 - 1/3 cup of mashed, sliced, or chopped vegetables • 1/4 - 1/3 cup of raw leafy greens • 1/2 small ear of corn
Fruits (2 - 3 servings)	<p>Examples of 1 serving of fruit:</p> <ul style="list-style-type: none"> • 1/4 - 1/3 cup of 100% fruit juice • 1/4 - 1/3 cup of mashed, sliced, or chopped fruit • 1/2 small banana • 1/3 - 1/2 cup of berries
Dairy (6 servings)	<p>Examples of 1 serving of dairy:</p> <ul style="list-style-type: none"> • 1/2 cup of milk • 1/2 ounce of cheese • 4 ounces of yogurt
Protein (2 servings)	<p>Examples of 1 serving of protein foods:</p> <ul style="list-style-type: none"> • 1/4 cup of cooked beans or peas (kidney, pinto, lentils) • 1 ounce of cooked meat, poultry or seafood • 1 Tablespoon of peanut butter • 1 egg

MY DEVELOPMENT

12 - 18 Months

- I will walk on my own (Discuss with my healthcare provider if I'm not taking steps on my own by 15 months.)
- Stack blocks or other small objects with me.
- I should say 3 words around 12 months, and roughly 10+ words near 18 months. Read to me daily and verbally label everything you do ("Let's go feed the kitty.") - so my vocabulary grows.
- Help me learn my body parts by pointing to them; Songs like *Head, Shoulders, Knees and Toes* help me learn.
- Offer me crayons and/or pencils to draw on paper. At first, I will only make dots on the paper, but I will improve to scribble and soon make circles.

18 - 24 Months

- I can run and may kick a ball if you show me how.
- I follow basic verbal commands (for things I am familiar with) like "give me your hand."
- I can stack between 3-6 small blocks or toys myself.
- Introduce simple, basic puzzles to me, show me where the pieces go.
- I enjoy "helping", so I may copy you (like sweeping the floor or combing hair.).



24 - 36 Months

- I will say 2-words phrases. Closer to 3 years old, I will say 3+ word sentences.
- I can jump and go up and down stairs by myself.
- Let me try stringing large beads or uncooked pasta onto a string or shoelace.
- I may be ready for potty training. Let me assist! Teach me to pull my pants up and down by myself. Stay positive accidents will happen - praise my successes.

KEEP ME HEALTHY

- Make sure I brush my teeth twice a day. Start regular dental visits at 1 year old and check-ups every 6 months. Check our water for fluoride, I might need to take supplements.
- I need daily physical activity.
- Limit my television and computer time to 2 hours or less per day.

Sleep I Need At My Age		
Age Group		Recommended Hours of Sleep per Day
Toddler	1-2 yrs	11-14 hours per 24 hours (including naps)
Preschool	3-5 yrs	10-13 hours per 24 hours (including naps)

WELL BABY VISITS AND VACCINES I NEED

- My health care provider will check my growth and development at every well baby visit. Call my doctor whenever you are concerned about my health or development.
- Test children at 12 and 24 months of age for lead. If I have not been tested, talk to my nurse or health care provider. For more information visit www.michigan.gov/lead



Vaccination Schedule for Children 1-3 Years

6 Months	12 Months	15 Months	18 Months	19-23 Months	2-3 Years
HepB					
		DTap			
	Hib				
	PCV13				
	IPV				
Influenza (Yearly)					
	MMR				
	Varicella				
	HepA				

Free Immunization Resource

Call toll free 1-800-CDC-INFO or visit www.cdc.gov/vaccines/parents

FEEDING TIPS

Meal Time

- Follow a regular schedule of three meals and two or three snacks a day, about every three hours.
- Let me decide to eat or not. If I'm not eating, let me leave from the table until the next meal or snack.
- Let me choose what to eat from foods offered. Do not force me to eat a food, offer it another day. I may need to taste a new food several times before swallowing it.
- Let me decide how much to eat. It's ok for me to ask for another serving or leave food on my plate. I might eat a lot of one food served and none of another.
- Provide me a comfortable setting. Turn off the tv or loud music, let me use utensils for my size and skills, and sit and eat with me at the table.
- Praise me for good behavior at mealtimes, not how much food I eat.

Nutrition

- You decide a variety of healthy foods to offer me. Serve three or more food groups at each meal and two or more food groups at each snack in child size servings.
- If you choose to give me juice, limit to 4 ounces per day. When I am thirsty, water is best.
- Offer me iron rich foods every day, such as beef, pork, chicken, beans, and iron fortified cereals to decrease risk of low iron and anemia. Vitamin C rich foods such as oranges, mangoes, strawberries, broccoli, and tomatoes will help my body use iron.

Choking Dangers

- Don't give me whole nuts, hard candy, popcorn, or sticky foods.
- Cut food into small pieces before serving. For example, cut hot dogs lengthwise and into quarters. Cut grapes in half.
- Don't let me walk, run, or play with food in my mouth. Keep me seated and supervised while eating.

WEANING ME FROM A BOTTLE

- Start weaning me at 12-15 months old. I may develop an emotional attachment to the bottle around 15 months.
- To help me wean: put only water in bottles, put milk and juice in a cup, keep bottles out of sight, and find new ways to comfort me.
- Don't start to wean me if our family is stressed or has many changes occurring.