

18 months *eighth visit...*

Food for Thought

What foods does your child like to eat?

Do you eat together as a family?

Do you allow your child control over how much they eat?

Do you offer a dessert as a reward?

What types of activities do you do as a family?

Feeding Advice

- Provide your child with healthy, planned snacks twice a day.
 - Don't offer snacks before meals.
 - Think of snacks as small meals between bigger meals, give your child the same kind of foods you would give at meal time.
 - Limit sweets, desserts & avoid giving them candy.
 - Give water for thirst.
 - Your child should be allowed to stop eating when they are full.
 - Avoid eating in the car.
- **Sit down and eat together as a family.**
 - Children like to eat with other people and they also like to see what you are eating, be a good role model.
 - You may need to offer a food more than 10 times before your child will accept it.

Be Active

- Your child will naturally like to run and climb stairs.
- When your child is awake, make sure they are not sitting for more than one hour at a time.
- Play with your child daily.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:

Child's name _____

Height _____ Weight _____ Date _____

Weight for Height percentile _____ %