

15 *seventh visit...* 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 _____ %