

Welcome to Group Care!



Healthy Active Living at Home

- Children do well with routines and schedules. Having regular meal, snack, and sleep times will help you and your child
- Have your child start eating with you during family mealtime
- Toddlers do best when they have structured eating times. Feed your toddler three meals a day. Offer a morning and afternoon snack
- Begin weaning your child from bottles by 12 months of age, and completely stop them by 18–24 months (the longer you wait, the more difficult this becomes)
- Let your child use a small plate, cup, and even toddler-safe utensils for eating and drinking
- Healthy habits start early. Be sure to give your child healthy foods for meals and snacks
 - Snacks are small meals between bigger meals. They should be the same type of food you would give your child at mealtime
 - Set up regular mealtimes and snack times
 - Avoid continuous feeding or grazing
- Encourage your child to drink water if she is thirsty
- Limit juice to no more than four to six ounces a day. Add water to the juice, or offer fresh fruit instead
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- Let your child decide what and how much to eat from healthy food options. End feeding when she stops eating
- Families who eat out a lot or pick up take-out or fast food are more likely to be overweight
- Read together. It is a lot of fun and can be part of your bedtime routine
- In the first two years of life, children’s brains and bodies are going through critical periods of growth and development. It is important for infants and young children to have positive interactions with people. They should not sit in front of a screen. This takes time away from social interactions. TV viewing for children younger than 2 years is strongly discouraged



Questions to Ask Your Baby’s Pediatrician

“Do you have any concerns about my child’s weight or height?”

“What foods should/shouldn’t my child be eating?”

“How can I help my child learn?”

“What should I be doing to take care of my baby’s teeth?”

Adapted from *Bright Guidelines: Guidelines for Health Supervision of Infants, Children, and Adolescents*, 3rd Edition, Copyright 2008. Published by the American Academy of Pediatrics.

School readiness begins with health!