

Welcome to Group Care!



Healthy Active Living at Home

- Set up regular mealtimes and snack times
 - Snacks are small meals between bigger meals. Snacks should be the same type of food you would give your child at mealtime
 - Avoid continuous feeding or grazing
- Give healthy choices, and keep portions small. Toddlers often like three or four different kinds of food at a meal, with different textures and tastes
- Start with small portions; you can always give him more if he needs it
- Put new foods next to foods your child likes. Encourage her to touch, smell, lick, or taste the new food
- Giving healthy dips, such as yogurt, hummus, or low-fat salad dressings, can help children learn to like eating vegetables
- Don't force your child to eat. It can make kids more likely to refuse food and eat less
- Do not use food as a reward or punishment
- If your child has a hard time sitting at the table during mealtimes, try to keep mealtimes short—10 minutes or so. Let your child get up when she shows she is finished eating
- 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 see you eating healthy food
- Parents are a child's best teachers! Teach by example. Make time to be active with your family. Show healthy activity by exercising. Talk with your children about it
- Make time to play with your toddler. Play follow the leader, marching band, or ring-around-the-rosy, or dance to music
- Choose active play rather than TV time. TV viewing for children younger than 2 years is strongly discouraged
- Turn activities such as cleaning up and putting away toys into a game your child can "play"
- Read together. Reading is fun and can be part of your bedtime routine



Questions to Ask Your Baby's Pediatrician

"Is my child developing normally?"

"How do I know when my child is ready for toilet training?"