

Welcome to Group Care!



Healthy Active Living at Home

- Two-year-olds typically need 2-3 healthy snacks a day
- Let your child see you eating healthy food
- Instead of making a separate meal for your child, have your child eat with the family. Give 3–4 healthy choices, including ones your child likes
- Let your child choose between two (healthy) foods. Let them decide when they are done eating
- Limit juice to no more than 4–6 ounces a day. Add water to the juice or offer fresh fruit instead of juice
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- Do not use food as a reward or punishment
- Your child's tummy is still tiny. It is better to give him small amounts of food rather than large amounts. If he is still hungry, you can always offer him more healthy food
- Encourage your child to drink water if he is thirsty. Children who are offered water often and early on are more likely to like water when they are older. Water is inexpensive and easy to find
- Ways to help your child enjoy water:
 - Let him fill his own cup from the faucet
 - Add slices of fruit to the water to make it look and taste different
 - Use food coloring to match the water to his favorite outfit, toy or character
- Limit TV, video, and video game time to no more than 1–2 hours each day
- Try to not have a TV in your child's bedroom
- “Special times” do not have to involve food. Active play can be a part of special times
- Do not use TV time as a reward
- Be active together as a family. Make sure your child has the chance to be active at home, at childcare, and with sitters
- Two year olds are active. It is important that your child is active every day. Ideas for active play:
 - Dance with him
 - Kick or roll balls
 - Jump up and down
 - Act like animals
 - Play hide and seek
 - Follow the leader
 - Play ring around the rosy
- Read together. It is a lot of fun and can be part of your bedtime routine



Questions to Ask Your Baby's Pediatrician

“How do I handle a picky eater?”

“How many words should my child know by now?”