



Portion Sizes



Active Play



Picky Eaters



I'd rather talk about



Child-Friendly Snacks



Drinks for Kids



Mealtime Problems

Picky Eaters

Questions:

- What worries you about your child's eating habits?

Facts:

- Refusing to eat certain foods or eating the same foods over and over again is a normal part of growing up.
- Offer a variety of healthy foods for meals and snacks.
- Children learn to like new foods by having them served over, and over, and over again!

Handouts:

- "Feed Me! Age 1 to 3"
- "Feed Me! Age 4 to 5"
- "Tips for Picky Eaters"

Child-Friendly Snacks

Questions:

- What questions do you have about snacks for your child?

Facts:

- Prepare healthy snacks ahead of time.
- Keep a bowl of fresh fruit on the kitchen counter instead of a bag of chips!
- Children have small stomachs and need to eat more often than adults.

Handouts:

- "Snacks"
- "Feed Me! Age 1 to 3"
- "Feed Me! Age 4 to 5"
- "Healthy Choices for Kids"
- Child-friendly recipes

Mealtime Problems

Questions:

- What problems have you had during meal times?

Facts:

- Refusing to eat certain foods or eating the same foods over and over again is a normal part of growing up.
- Offer a variety of healthy foods for meals and snacks.
- Serve meals and snacks at about the same time each day.
- Let your child decide how much to eat from the foods you serve.

Handouts:

- "Feed Me! Age 1 to 3"
- "Feed Me! Age 4 to 5"
- "Tips for Picky Eaters"

Portion Sizes

Questions:

- What questions do you have about how much to feed your child?

Facts:

- Children have small stomachs.
- Give about 1 tablespoon of a food for each year of your child's age.
- Children eat more on some days than other days.

Handouts:

- "Feed Me! Age 1 to 3"
- "Feed Me! Age 4 to 5"

Drinks for Kids

Questions:

- What questions do you have about what your child drinks?

Facts:

- Serve your children water when they are thirsty.
- Only serve sweetened drinks, including soda, once in a while.
- Limit juice to 4 to 6 ounces per day.

Handouts:

- "Feed Me! Age 1 to 3"
- "Feed Me! Age 4 to 5"
- "Time for a Cup"

Active Play

Questions:

- What questions do you have about how active your child is?
- What questions do you have about TV and video watching?

Facts:

- Children need to be active every day. Aim for 30 minutes each day.
- Limit TV and video time to 1 or 2 hours per day.

Handouts:

- "Playing with Your Baby"
- "Playing with Your Toddler"
- "Playing with Your 3 to 5 Year Old"
- List of family activity ideas
- List of community resources