

tenth visit...

# 3 years

## Food for Thought

- What is your child eating and drinking?*
- Does your child use a spoon and fork?*
- How many meals and snacks per day does your child eat?*
- How much TV does your child watch per day?*
- What activities/play does your child enjoy?*
- Does the family play together?*

## Feeding Advice

- Your child's appetite will change from day to day, continue to have planned family meals.
  - Move from 2% milk to lowfat or fat free milk, serve milk at all meals.
  - Serve more whole grains (oatmeal, unsweetened dry cereal, whole wheat bread), fruits and vegetables.
  - Make meal time fun – cut food into shapes, serve a wide variety of colors & textures.
- Establish good habits early when eating away from home.
  - Avoid eating in the car.
  - If your child is in day care or staying with relatives make sure you know what they're eating and drinking when you are away.
  - Restaurants – split meals between children or share yours, remember portion size is 1/4 of the adult portion; don't let them fill up on pre-meal foods such as bread & crackers.
- There is a place in a balanced diet for desserts but they are not necessary at every meal, nor should you use dessert as a bribe or reward for eating other foods. When you do serve dessert, try healthier options such as fruit or yogurt.
- 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 daily play that includes the entire family.
- Your child may be ready to ride a tricycle.
- Limit screen time (TV, computer, electronic games) to 1-2 hours/day and help your child choose what to watch.

Child's name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

BMI \_\_\_\_\_ percentile \_\_\_\_\_ %

Healthy

# servings sizes for 1-3 year olds

## grain group ~ 6 servings

Bread	1/4-1/2 slice
Bun, bagels, muffins	1/4-1/2
Crackers	2-3
Dry cereal (unsweetened)	1/4-1/3 cup
Cooked cereal	1/4-1/3 cup
Rice, pasta	1/4-1/3 cup

## fruit/vegetable group ~ 5 servings

Whole	1/2 small
Cooked, canned or chopped raw	1/4-1/3 cup
Juice ~limit 100% fruit juice to	4-6 oz./day

**FRESH FRUITS\*** Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

**FRUIT SMOOTHIES** Blend yogurt, fruit, milk and 100% juice together.

**VEGETABLES\*** Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

\* Use caution when feeding these foods due to a possible choking problem.

## milk group ~ 3 servings

Milk, yogurt	1/2 cup
Cheese	1/2 oz.

## meat group ~ 2 servings

Lean meat, chicken, fish	1-3 T
Dry beans and peas	2-4 T
Peanut butter	1-2 T
Egg	1

## fat group ~ 3-4 servings depending on calorie needs

Margarine, butter, oils, dressings, dips	1 tsp
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# snack

from all

# 5

food groups

## Fruit\*

Cut apples, bananas, peaches, orange slices, strawberries, grapes, cherries, pears, apricots, plums, nectarines, clementines, melon, kiwi, blueberries, pineapple. (watch for peels, skins and seeds)

### Dried Fruit

Raisins, apples, peaches, apricots, pears, dates, pitted prunes, cherries.

## Vegetable\*

Carrots, broccoli, cauliflower, green peppers, green beans, sugar snap peas, tomatoes, celery, squash, cucumber.

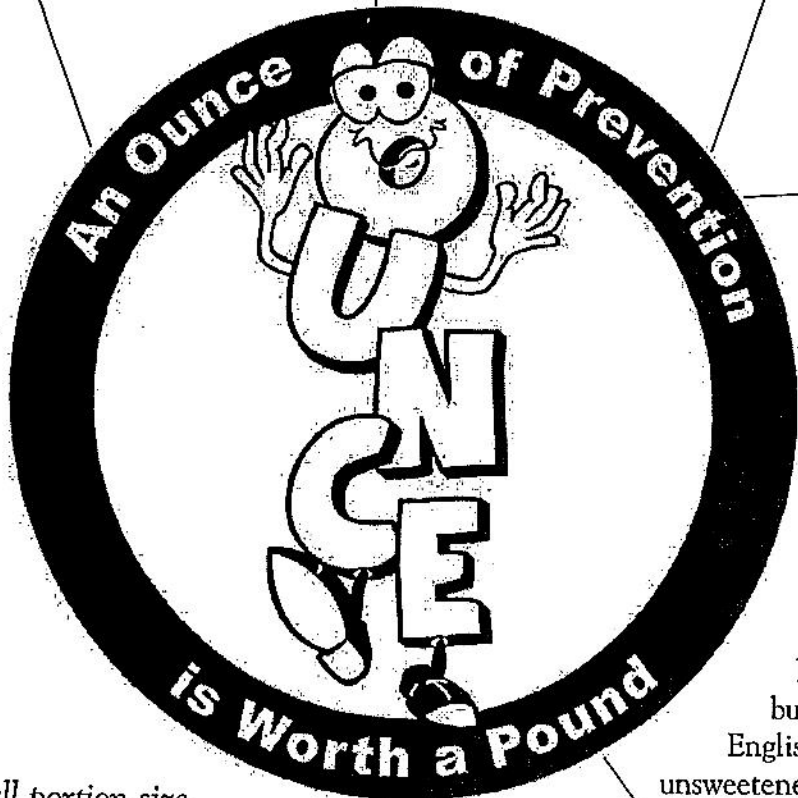
\* Use caution when feeding these foods due to a possible choking problem.

## Milk

Milk, cheese (grated or cubed), yogurt (fresh or frozen), pudding.

### Smoothies

Blend yogurt, fruit, milk and 100% juice together.



## Meat

Chicken, tuna or egg salad, ham, hard boiled egg, bean dip, peanut butter, cottage cheese.

## Grain

Plain tortilla, bagel, bun, bread or English muffin, unsweetened cereal, crackers.

Offer small portion size.  
Best not to offer 1 - 2 hours before mealtime.

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## INFORMATION FROM YOUR PEDIATRICIAN

### Safe use of insect repellents can minimize itching, scratching

Summer is back, and so are mosquitoes. Before you reach for the insect repellent, review these tips from the American Academy of Pediatrics (AAP). Apply repellents only to exposed skin or clothing, following the directions on the product label.

- The AAP recommends that products containing DEET not be used on children younger than 2 months old. Instead, use mosquito netting with an elastic edge to ensure a tight fit around a stroller.
- Products containing oil of lemon eucalyptus should not be used on children younger than 3 years old.
- Avoid products that contain both repellent and sunscreen because sunscreen generally should be reapplied more often than insect repellent.
- Do not use repellents under clothes.
- Never use repellents over cuts, wounds or irritated skin.
- Do not spray directly on the face; apply with your hands.
- Do not allow young children to apply repellents themselves.
- Do not use sprays in enclosed areas or near food.
- Reapply if washed off by sweating or getting wet.
- Avoid reapplying repellents on young children unless necessary.
- After returning indoors, wash treated skin with soap and water or have the child bathe.
- If your child develops a rash or other reaction from an insect repellent, wash the repellent off with soap and water and contact the child's pediatrician or call the U.S. poison control center at 800-222-1222 for guidance.

Despite your best efforts, your child still may get a mosquito bite. If this happens, tell your child to try not to scratch the area, and dab it with alcohol or calamine. In addition, keep the area clean to prevent skin infections.

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## INFORMATION FROM YOUR PEDIATRICIAN

### How to prevent your child from drowning

Some kids can swim well, like fish in the water, but they still are in danger of drowning.

More than 1,000 children die each year from drowning, according to a new study in the journal *Pediatrics*. If a child survives, he likely will have brain damage and long-term disability such as learning problems or not being able to care for himself.

Children ages 0-4 years and adolescent boys are at the highest risk of drowning. Young children are most likely to drown in the bathtub or after accidentally falling into water. The study also found that adolescent boys are four to six times more likely to drown than girls, mostly because they think their swimming skills are better than they really are, and they are more likely to take risks.

Here are some steps parents can take to help prevent their child from drowning.

- Have your child take swimming lessons. Recent evidence shows that swimming lessons for children under 4 years of age will decrease their likelihood of drowning by 88%.
- If you have a pool in your backyard, fence it in on all four sides with self-closing, self-locking gates opening outward. The barrier should be at least 4 feet tall so children can't climb over it. If your house is one side of the barrier, use an alarm system to alert you if your child goes outside.
- Do not use the pool if drain covers are missing. Long hair, arms, legs and fingers can get stuck in the drain's current and pull a child under water.
- Make sure someone is watching children in the pool at all times.
- When you're done swimming, take pool toys with you. If a young child sees a toy in the pool, she might try to reach for it and fall into the water.



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— Shayna Starr