

Feeding and Nutrition

- Set designated mealtimes for whole family and include toddler - Turn off TV and other electronics
- Offer a rainbow of colors on the plate.
- Include many textures; plenty of fruits, vegetables, proteins, and dairy being
- Decide when and where your mealtimes happen and offer many healthful choices
- A serving size for this stage is 1/2 slice of bread, 1/2 cup of milk, 1 slice of cheese, 3-4 tablespoons of vegetables, 3-4 tablespoons of fruits, 3-4 tablespoons meat (or 2 tablespoons peanut butter)
- Allow your toddler to choose which foods and how much to eat
- Avoid sugary drinks - Good choices are water and milk
- 4 oz of 100% juice (no sugar or high fructose corn syrup added) once per day can be a good choice
- Always cut a child's meat in pieces and avoid known choking hazards such as, raw veggies like carrot sticks, whole hot dogs, whole grapes and raisins, popcorn, and nuts
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve; this is a great way to tell if your child is getting adequate nutrition
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition

Although these guidelines are appropriate for most children they may not fit all. Always consult your health care provider about specific nutrition needs of your child

5.2.1.0.

**5 servings of fruits & veggies
2 hours or less screen time
1 hour or more exercise
0 sugary drinks daily!**

Feeding and Nutrition

- Set designated mealtimes for whole family-Turn off TV and other electronics
- Offer a rainbow of colors on the plate. Include many textures; plenty of fruits, vegetables, proteins, and dairy being mindful of choking hazards
- Decide when and where your mealtime happens and offer 2-3 healthful choices
- Allow child to choose which food and how much to eat
- Avoid sugary drinks - Good choices are water and milk
- 4 oz of 100% juice (no sugar or high fructose corn syrup added) per day can be a good choice
- Always have child sit to eat
- Ask your healthcare provider about your child's growth curve, this is a great way to tell if your child is getting adequate nutrition
- Limit foods that are high in fat, sugar and salt
- Offer three meals and three healthful snacks each day and strive to provide 5 servings of fruits and vegetables daily
- Include at least one hour of physical activity for a child daily, attempt to include the whole family in this routine
- Visit the Montelores Early Childhood Council's website for useful information and links about health and nutrition at <http://monteloresecc.org>

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Safety for the 4 Year Old

- Until your child is 4 years old and AT LEAST 40 POUNDS use a forward facing car seat
- Once the child is over 40 pounds s/he may sit in a booster seat placed in back seat of the vehicle
- Always use the car's seat belt to secure the child in the booster seat
- Teach child about Stranger Danger and appropriate touch
- Teach your children about animal safety
- Always supervise children in or around water
- Popcorn, hot dogs, carrot sticks, grapes, cherries and any other food larger than a child's windpipe are choking hazards - Cut foods such as these into bite-sized pieces and have child sit to eat
- Consider taking a CPR class
- Secure all medicines, cleaning supplies, alcohol, and weapons in a locked cabinet
- Supervise your children outdoors and indoors AND speak to them about how to be safe