

Healthy habits for healthy weight.

Family a precious gift – good health.
Whether inside or outside every day.
Regular meals and snacks together.
Family meals a special time to eat
together.

Delicious rainbow of fruits and
together.

Walk and water at your meals
blocks.

the TV and snuggle up to
either.

Choose one for the convers-

- 1 How do you feel about
weight and height? Does
she/he is growing OK
any questions that I'm
answer today?
- 2 I've always worried about
– and I really don't want
have that problem. Our
is trying to change our
that our kids grow up
what we are doing – a
making a difference for

Healthy weight

Give your family gift – good health

- ★ Play together outside every day
- ★ Share regular snacks together
- ★ Make family meal time to eat and move together
- ★ Enjoy a delicious fruits and vegetables
- ★ Drink milk and eat meals and snacks together
- ★ Turn off the TV



Choose one to start the conversations

How can routines help my family?

Meal and snack times make things
easier for mommoms and dads. Kids eat better, too!

need to eat often, like every
2 hours, but not in-between times.

5 to 6 child-sized meals or
snacks a day.

eat slowly – take the time to
enjoy this special time together.

- 1 Starting routines can help my family?
Meal and snack times make things easier for mommoms and dads. Kids eat better, too!
- 2 Regular eating routines (meals and snack times) help my family?
need to eat often, like every 2 hours, but not in-between times.
- 3 If you try making eating routines, please let me know how it goes for you so I can share ideas on to other parents.

my family?

Regular meal times make things for moms and kids eat better, too!

- ★ Children need to like every 2 to 3 hours, but not in-between meals.
- ★ Plan for 5 to 6 meals or snacks a day.
- ★ Children eat slowly, so the time to relax and enjoy this special time is important.



Choose one to start the conversations

- 1 Different families have different mealtime routines and My children like to use place mats they made love to hear more about you do to make every day a special time for your child a gift – healthy meals at where you create routines and rules that work best for your family.
- 2 We've been collecting home-cooked meals that save time and money. Do you have an idea that I could add to? Our best ideas always come from parents like you.

How can family meals help my child?

at and talk together as a family, our child verbal skills, table manners and your family values.

at home is a win-win situation – the whole family gets more nutrition for less money.

What helps my child?

When you eat together as a family, teach your children skills, table manners and your family values.

★ Give your children healthy meals where you create and traditions are best for your family.

★ Eating at home is the best situation – you have more nutrition



What are the best snacks for my child?

and dads serve smart snacks so right nutrients to grow strong.

These foods make smart snacks:
- fruits and veggies

- cheese

- yogurt
- granola cereal and milk
- peanut butter

- pieces of leftovers

- snacks as mini-meals – more to help your child grow, play

Choose one to start the conversation

- 1 Snacks are an important everyday nutrition for parents, too!) What food child like for snack time? How about at child care?
- 2 My kids love peanut butter bananas. Do you have ideas for smart snack? pass on to other parents
- 3 I have a list of “kid-test” from other parents that go with you. Do any of them they might work for you?

Snacks 101 Any child?

Wise moms serve smart snacks to get the right nutrition and help their kids grow strong.

★ Mealtimes food
smart snacks:

- Fruits and vegetables
- Bite-size cheeses
- Creamy yogurt
- Low-sugar cereals
- Bread with protein
- Small pieces
- more nutritious



Which milk is best for my child?

depends on you for the best start
the right milk makes a lifetime
difference.

children grow and glow with:

milk for as long as you can
(if needed) under 1 year
milk from 1 to 2 years
or fat-free milk from
and up

parents pour nutrition into
milk – make it milk with
im for 16 oz. a day).

Choose one to the convers-

- 1 Moms tell me that some milk and can't get enough children won't let the their lips. What's the secret to getting your child and drinkin
- 2 It's so tempting to serve soda at meals. What have you found to serve instead of high-sugar drinks?
- 3 If your child has problems with milk, what do you serve? What other calcium-rich drinks does she/he like?

my child?

for the best start
and the right
lifetime of difference

★ Help children
glow with:

- Breastmilk for as you can
- Formula (if not under 1 year)
- Whole milk from 2 years
- Low-fat or fat-free from 2 years

★ Great parents
into every glass



What drinks are best for my family?

Parents serve the best beverages – water with every meal and snack. Better when they get enough, too much, to drink.

What does your body need:

- 1 cup milk per day
- 1/2 oz. 100% juice per day

Beautiful teeth and strong bodies, parents limit their children's intake of sugary drinks, fruit punch, fruit drinks, soda and other high-sugar drinks.

Choose one to start the conversation!

- 1 Parents often ask me to kids from drinking so sugar beverages (pop, punch, juice drinks, smoothies). How have you helped into the milk and water?
- 2 Look at that beautiful all those gorgeous teeth be taking really good child's mouth. What kind have you been doing for

For my family?

Loving parents:
best beverage:
water with eyes
and snack.

★ Kids eat better
enough, but not
drink. Most kids

- 16 oz. milk per day
- 4 to 6 oz. 100% fruit juice per day

★ For beautiful
strong bodies,
limit their children's
soft drinks, sweet



What's the best serving size for my child?

Children need small servings.

Let your children decide if they want more to eat.
About 1 tablespoon of each food for a year of life.

Child-sized menu items or share when you eat out.

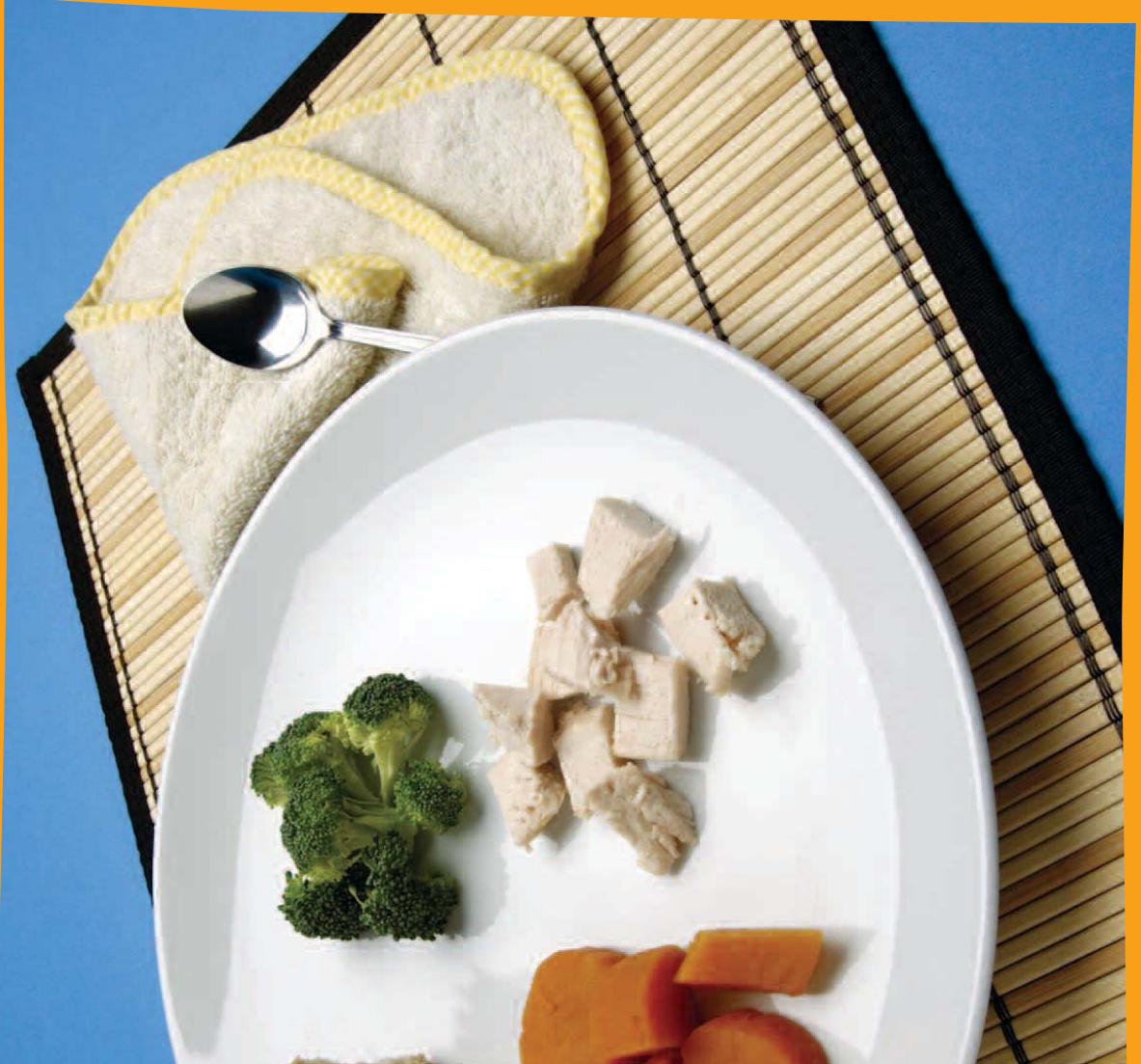
's appetites vary from day to day. Decide what foods to serve; they eat how much or how little to eat.

Choose one topic the convers

- 1 How do you feel about the amount of food your child eats?**
- 2 It's common to worry about how much your children eat. How does your child look when she/he is hungry? Full?**
- 3 How do you help your children eat enough, but not too much?**
- 4 Do you have any tips for parents on using the right sizes for small children?**

How big should my child? small servings

- ★ Start small. Let children decide want more to eat.
- ★ Offer about 1/4 cup of each food for a year of life.
- ★ Order child-size items or share what you eat out.
- ★ Children's appetites change from day to day. Decide how much



/hat cup is best for my child?

drink from their own special cups – 4 to 6 ounces is just right. Parents limit the use of baby bottles, sippy cups and sport bottles – to protect a child's growing teeth.

anges can make a big difference. A tight-sized cup gives your child a chance to learn new skills.

Choose one topic the covers

- 1 Getting kids to switch from breast (or the bottle) to a cup can be frustrating for some parents. How is that going with your child? Do you have any helpful tips for other families?**
- 2 Here is a cute cup that I found at a store for my child (or a friend's). Have you tried letting your child drink out of a cup like it go? What ways did you find to make it easier for her/him to drink?**

my child!

Kids love to drink from their own special kid-sized cup – 4 to 6 ounce.

★ Wise parents limit the use of baby bottles and sport bottles and encourage their child's growth to a cup.

★ Small changes make a big difference. Kid-sized cup give your child a chance to learn.



can my family eat fruits & veggies?

choose one the convers

family nature's best – at least
crunchy, crispy, tasty fruits and
every day.

ways to raise a veggie-lover:

vegetables yourself.

rainbow of colors.

regular veggie snacks,
broccoli trees with dip.

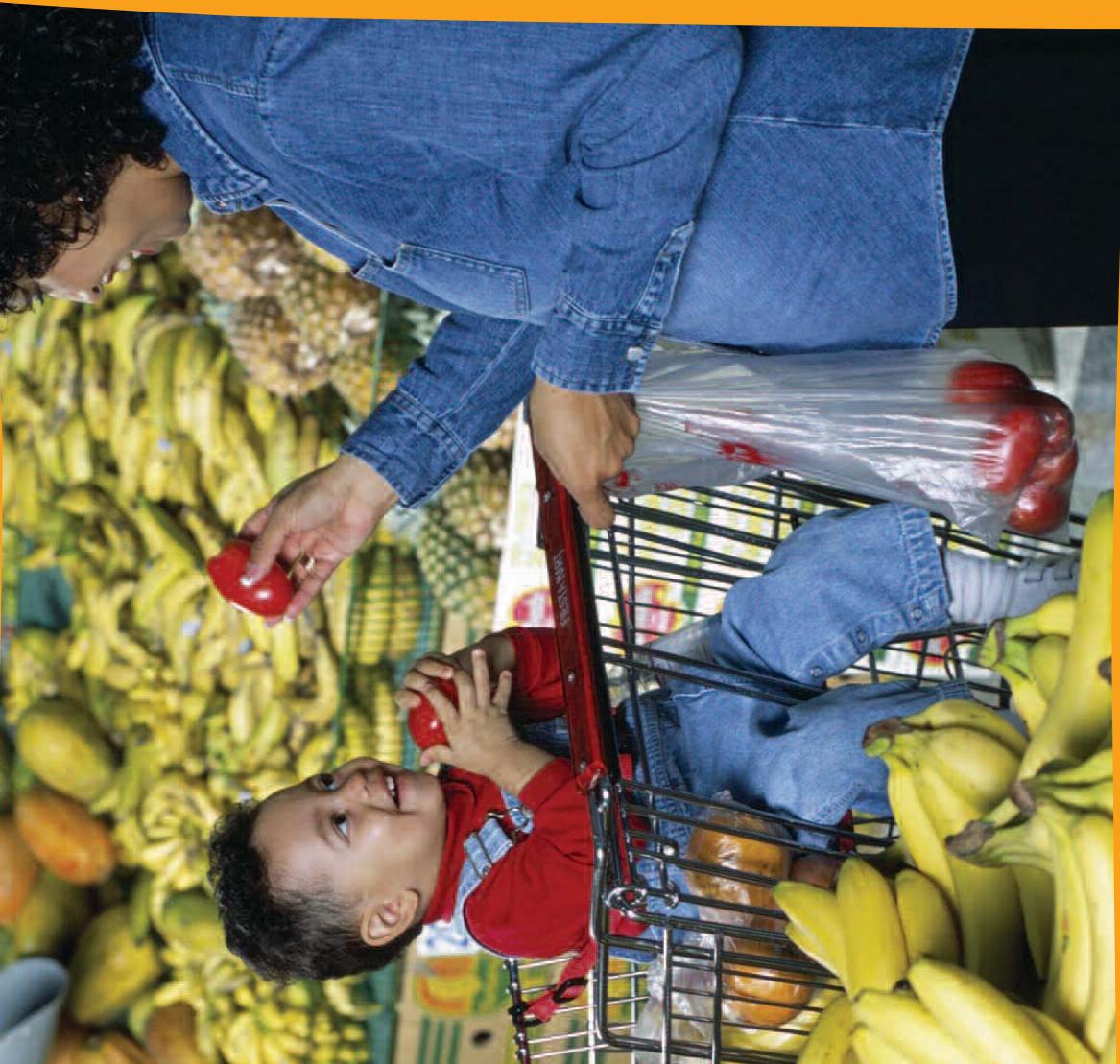
new items many times so kids
learn to love them.

lots of different choices – fresh,
and canned.

- 1 Our food preferences
we are very young. W
remember about eating
veggies when you were
- 2 I found some good pri
produce at the store last
the oranges were real
What kinds of produce
family been enjoying re
- 3 We're trying to help fa
more vegetables at sn
Do you have any ideas
share with other pare

Give your family
best - at least
crunchy, crispy
and vegetable!

Eating fruits & veggies?



★ Simple ways to
veggie-lover:

- Enjoy vegetables
- Offer a rainbow
- Make regular like broccoli
- Repeat new items so kids love them.

★ Include lots of
choices - fresh

Are kids choosy about food?

Choose one to the conversations

ing to know that picky eating
sy) and food “jags” are normal
s.

d learns healthy eating
om you:

variety of foods yourself.
few choices at one time.
new food with some
- foods.

pressure children to eat.
helps with pickiness – sometimes
needs to try a new food 7 to 15
before he/she accepts it.

- 1 How do you feel about new willingness to try new she/he ever picky about certain things?
- 2 Kids love to imitate and can have a big impact on eating. In what ways do seem to imitate your children?
- 3 Parents know their children best. How do you help your child try new foods?

Is your child picky eater?

picky eating (being
and food “jags”
for little kids.

★ Your child learns
eating habits from
you!

- Eat a variety of foods yourself.
- Offer a few choices one time.
- Offer a new food some families like.
- Do not press your child to eat.

★ Patience helps

= sometimes a



How can I help my child try new foods?

the convers

- 1 **How do mealtimes usually go in your house? Calm and Stressful and hectic?**
- 2 **As a mom, I know it can be hard to get kids interested in eating. I wonder if you have any tips that I might be able to share with other families?**
- 3 **Here's a list of ways that parents have found that mealtimes work better. Do any of these sound familiar?**

• **• You need to learn healthy eating habits and utensils that are the right size for your child.**

• **Mealtimes help children focus on eating:**

• **Turn off TVs, and turn down music.**

• **Kids about food, how you prepared it, and how it will help them grow strong and healthy.**

How can we help children learn healthy habits?

learn healthy habits
are the most important
role model the

- ★ Children like food when they are forced to eat it.
- ★ Calm mealtimes help children focus on eating.
- Turn off TVs, down music.
- Use dishes and plates that are the right size for your child.
- Talk to kids about what they are eating.



Choose one the convers

Do food bribes improve behavior?

Parents realize that food bribes usually find that they can make a child's worse, not better.

Parents know that food nourishes kids. That's why they never use punish children.

The best reward for your child – love your time and attention – special things, like reading or just snuggling.

- 1 Parenting children can job – and it's easy to see parents try to use food for good behavior. What besides food, seem to your family? Any helpful other parents?
- 2 Learning how to set limits is tough, too. Here's a that our parenting class Do any of these look like help you when you are having trouble with your child's beha

Move behavior?

Wise parents never
use food bribes usually
– and that the child's behavior
not better.

★ Loving parent
uses food nourishes
That's why the food to punish

★ You are the best
your child. Child time and attention
special things, together or just



How can being active help my family?

Our kids every day – fun for them, too! With your child can help you with your weight, too. It's a fun, easy way to be more active!

Activity makes parenting easier. Kids behave better and sleep better at night.

whole family off on the right foot to walk (and talk) together.

Choose one to help the conversers

- 1 Our staff has been trying to be active. I've been taking 10-minute walks during busy days? I really feel better. Do ways to squeeze activity into busy days?
- 2 Playing together helps to our kids. What kind activities does your family do together? Have you found parks or other play places that could tell other families

Get active with your family?

day – fun for you, too!

★ Playing with you help you manage too. It's a fun, more active!

★ Daily activity is easier. Active better and sleep nap time and a

★ Get the whole the right foot to walk (and the every day.



TV-free time good for my family?

The TV gives you more special
to talk, play, read or just
together.
Parents know that TV-free time
or children's bodies, brains
behavior.

- 1 How do you feel about
of TV, videos, and game
child usually watches?
about right or does it
much sometimes?
- 2 Many families are looking
to cut back on the amount
they watch. I've been
some changes for my family.
ways have you found to
times at your house?
less than 2 hours per day.

Choose one to the convers

Or my family?

Turning off the TV
gives you more special
time to talk, play
and just snuggle up.

★ Wise parents know
TV-free time is good
for children's bodies
and behavior.

★ Make more TV time
for your kid's sake:

- Take the TV out of
child's bedroom
- Turn off the TV at
bedtime
- Aim for less TV



Information go to www.nal.usda.gov/wicworks/sharing-center/index.html and click

