

# Please and thank you!

# I want to be like you.

## I want to help!



I want to please you. I might not be neat, but I am doing my best. Please say you are proud of me. Here are ways I can help.

- **Put some foods in the basket when we shop.**

I can put my WIC cereal in the basket. Let's talk about the foods. Tell me how WIC cereal makes me strong.

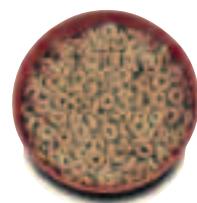
- **Help decide the vegetable for dinner.**

Teach me the kinds and colors. Show me 2 vegetables. Ask me which vegetable we should choose.

- **Help you fix meals.**

I can do simple things: wash vegetables, tear lettuce, or help set the table. Please show me how.

## I need a routine.



I need some things to stay the same. If a meal is late or I miss my nap, I might throw a tantrum. I am hungry or tired. I don't know how to wait. Please:

- Give me breakfast, lunch, dinner, and 2 or 3 healthy snacks. Have them at the same times every day.
- If we must be away from home, take a snack for me to eat. We can sit and eat some WIC cereal or some crackers.

## Lets eat foods from the 5 food groups every day:

<b>Grains</b> <b>6 servings</b>		<b>ONE SERVING IS</b> <ul style="list-style-type: none"> <li>• 1/4 to 1/2 slice bread or tortilla</li> <li>• 2 to 3 tablespoons rice, noodles, or cooked cereal</li> <li>• 4 to 6 tablespoons dry cereal</li> <li>• 3 to 4 crackers</li> </ul>	<b>TIP</b> <ul style="list-style-type: none"> <li>• Try a whole grain WIC cereal:                             <ul style="list-style-type: none"> <li>- Oatmeal</li> <li>- Whole wheat flakes</li> </ul> </li> </ul>
<b>Vegetables</b> <b>3 servings</b>		<b>ONE SERVING IS</b> <ul style="list-style-type: none"> <li>• 2 to 3 tablespoons, chopped</li> <li>• 2 to 4 ounces vegetable or tomato juice</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Offer many kinds and colors: dark green, orange, red, yellow, and purple.</li> <li>• Try raw spinach or lettuce. I can dip pieces in salad dressing.</li> </ul>
<b>Fruits</b> <b>2 servings</b>		<b>ONE SERVING IS</b> <ul style="list-style-type: none"> <li>• 2 to 3 tablespoons, chopped</li> <li>• 2 to 4 ounces 100% fruit juice</li> </ul>	<b>TIPS</b> <ul style="list-style-type: none"> <li>• Offer many kinds and colors: red, yellow, orange, blue, and green.</li> <li>• 4 ounces of juice a day is plenty.</li> </ul>
<b>Milk</b> <b>4 servings</b>		<b>ONE SERVING IS</b> <ul style="list-style-type: none"> <li>• 1/2 cup whole milk or yogurt</li> <li>• 1/2 to 1 slice cheese</li> </ul>	<b>TIP</b> <ul style="list-style-type: none"> <li>• 16 ounces of milk a day is plenty.</li> </ul>
<b>Meat &amp; Beans</b> <b>2 servings</b>		<b>ONE SERVING IS</b> <ul style="list-style-type: none"> <li>• 2 to 3 tablespoons meat, chicken, turkey, or fish</li> <li>• 1/2 to 1 egg</li> <li>• 2 to 4 tablespoons cooked beans or tofu</li> <li>• 1 tablespoon peanut butter</li> </ul>	<b>TIP</b> <ul style="list-style-type: none"> <li>• Meat can be hard to eat. Try:                             <ul style="list-style-type: none"> <li>- Well-done, moist, chopped meats</li> <li>- Cooked WIC beans</li> </ul> </li> </ul>

## What about fats and sweets?

I need some fat. You can put butter, margarine, or salad dressing on my foods. A little sugar is okay, but not too much.

## Play is my work!

Play helps me grow. My legs and arms get strong when I run and throw a ball. My hands and eyes get strong when I draw and play with blocks and puzzles. I learn about my world. I like to play what I see you do.

## I love to play!

Play makes me forget I am hungry. It may be hard to come to the table. Here is how you can help.

- Tell me my meal will be soon. Let me draw a picture or work a puzzle. Quiet play lets me slow down so I can sit and eat my meal.
- I might sit and eat for 20 minutes. If I start to play at the table, I might be full. Ask me if I have had enough to eat. Please excuse me if I want to go back and play.

### Tip:

Let me drink water between meals and snacks.



## Look what I can do!



## Health and Safety Tips

- I feel proud. I feed myself many foods and use a spoon. I can hold my cup with one hand. Give me a small cup that cannot break.
- I run, jump, and climb. Let's play in the park. We can walk to the library to get some books.
- I like to sing! Teach me a song we can sing together. We can make up a song, too.
- I like to learn how things work. I open cabinets and turn knobs. Keep me away from the stove. Turn pot handles to the back. Keep cords up so I can't pull on them. Lock up cleaners, sprays, and medicines.
- Get my teeth checked by the dentist. Learn how to floss my teeth. Help me brush my teeth 2 times a day. Brush the front and back sides.
- Wash my hands often to kill germs.
- Keep me away from cigarette smoke.
- Stay with me when I am in the tub or near any water.
- Buckle me into a child safety seat before I ride in a car.



# 2½ to 3 years

My name is \_\_\_\_\_.

I weigh \_\_\_\_\_ pounds. I am \_\_\_\_\_ inches tall.

A special note for me: \_\_\_\_\_

\_\_\_\_\_