

Let me do it!



Help me try new foods.

I am now a preschooler! I am growing tall and strong. I am proud that I can feed and dress myself. I know many words and can talk with you.

Please let me serve myself at the table. You hold the bowl and I take a spoonful of food. I know how much I want. Could I ask for a second helping? Thank you.

Eating new foods is still scary. Some days I want to try them. Some days I do not. You can set a family rule:

Taste a small bite of a new food. If I do not like it, I can take it out of my mouth and put it in my napkin. The next time you serve this food, I might taste it on my own. I will like the food more if I see you eat it.

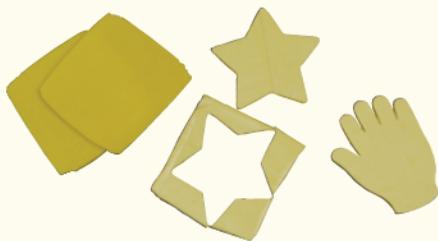
I like foods that are plain. If they are too spicy or strong, too hot or cold, they are hard to eat. Dry foods are hard to chew and swallow. I may not eat meat that is too dry. I can chew chicken and hamburger. Beans and lentils are also easy to eat. I need to eat these foods to get iron for healthy blood. Ask the WIC staff for recipes.

Of course, I still need your help as I learn.

Help me eat vegetables.

I may not eat vegetables like I used to. This may worry you since vegetables make me healthy. Keep offering them. I will learn to eat most of them. Some I will like more than others.

- If you want me to eat vegetables, you must eat them, too. I eat what you eat!
- Let me pick out a vegetable at the store. I can learn about the names and colors of vegetables. Let me name the red ones. There are so many green ones! Let's try an orange one. I want carrots!
- I may like my vegetables plain, not mixed together until I get used to the taste of each one.
- I like cooked vegetables bright and not mushy. Cook them in a little water, just long enough so you can stick a fork into them.
- Raw vegetables do not have a strong taste. I may eat little broccoli "trees" that I can dip in a little salad dressing.
- We can both get our vegetables by adding them to other foods. Add finely chopped carrots to spaghetti sauce. Add cooked corn and tomatoes to canned soup.



Make eating fun!



Helpful Reminder

I like foods that are fun to eat.

We can make:

- Faces on foods! Spread a thin layer of peanut butter on bread and make a face using raisins.
- Little pizzas! Spread pizza sauce on bread or a biscuit and melt some cheese on top.
- Fun shapes of foods. Cut my sandwich in strips. Make a flower with apple slices and raisins.

Use the Food Guide Pyramid to plan 3 meals and 2 to 3 healthy snacks every day.

Please offer me:

Breads, cereals, rice, pasta—6 or more servings

Vegetables—3 or more servings

Fruits—2 or more servings

Milk, cheese, yogurt—4 servings

Meats, poultry, fish, dried beans, eggs—2 or more servings

Fats, sweets, and oils—I only need a little

- I eat small servings of food, about $\frac{1}{3}$ of the serving size a grown-up eats (about 3 to 4 tablespoons of each food). A serving of milk or juice is $\frac{1}{2}$ cup. Please let me ask for more food if I am hungry.

Look what I can do!



- I want to learn to use a fork. I need a small one with dull edges. Teach me how to put my fork into a bite-size piece of pancake or chicken. I still use my fingers to eat some foods.
- I run, hop, and throw a ball. Let's play catch.
- I like to talk. I ask "Why?" a lot. When you talk to me, I listen and learn. Why do apples have seeds?

I like to play word games. You start and I finish. Say "I eat my foods with a" "I drink my milk from a" "Apples are a" Sometimes I will say a silly word. Silly words help me be creative.

- When I talk, other grown-ups understand what I am saying.

Praise me with words, not foods.

Please do not use food to reward me. If you tell me I will get ice cream or candy if I am good, I will think that I should get a treat each time I do something that is right.

When I am good, give me a hug. Tell me:

"I am proud of you!"

"You did a good job!"

"Thank you for"

Keep my teeth healthy.



I have all of my teeth! Please help me brush and floss them every day.

- Use a soft toothbrush and a little toothpaste (the size of a pea). Use toothpaste with fluoride. Tell me to spit out the toothpaste. If I cannot spit it out, just use water.
- Check my front teeth for white or dark spots. If you see any, take me to the dentist right away.
- When I eat food that sticks to my teeth, I must brush my teeth or rinse my mouth with water.
- Foods sweetened with sugar can give me cavities. Save sugar-coated cereals, cookies, candy, punch, or soda for treats once in a while.

Give me water to drink when I am thirsty.

Health and Safety Tips

- Buckle me into a child safety seat when in a car.
- Teach me to wash my hands often to kill germs.
- Take me to the doctor and dentist once a year to make sure I am healthy.
- Keep me away from cigarette smoke.
- Put sunscreen on me when I play outside.

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

This institution is an equal opportunity provider and employer.

Help me **be healthy**



3 to 3 ½ years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
