

Help me to learn to make choices.



**You may
think No!**
is my
favorite
word.

It is my way of saying I want to do things for myself. I want to make some choices.

It is okay to let me make some choices. It does not mean that I can eat anything I want. You know what foods I need to eat to be healthy. Let me make a simple choice between 2 healthy foods and decide how much I want to eat at mealtime and snack time.

At snack time, ask me, “Do you want apple-sauce or peaches?” Or, “Do you want bread or crackers?”

**I will
learn to
like most
foods.**

I change my mind a lot. I may like a food one day and not the next. I may tell you I want to eat only one food. I may refuse to try new foods or to eat a meal. This is part of growing up. It will not last long. I will learn to like most foods. You can help me.

- I learn by watching you choose foods. If you want me to eat a food, you must eat it, too.
- When you serve a new food, have some of my favorites, too. I do not know if I will like

I feel proud when I make a choice.

the taste of the new food. I feel better when I see a food I like, such as bread and milk.

- Put a teaspoon of a new food on my plate. I may or may not try it. Please let me touch it. I will ask for more if I like it. If I do not eat the food this time, I will try it some other time. Keep serving the food.
- If I do not eat, do not beg me to eat or fix other foods for me. I can eat foods already on the table, like bread and milk. Wait until snack time to feed me again.
- Do not fight with me or force me to eat. It makes me feel sad. It does not make me want to eat the food.
- Let me stay at the table while you eat. I can sit for about 20 minutes. If I start to play, you can excuse me.
- Do not let me fill up on juice, milk, punch, or soda between meals. When I ask for a drink, give me water.



**My WIC
food
package
has
changed!**

Now that I am 2, my WIC checks have changed. I get more cereal and juice.

I can get peanut butter. Peanut butter may be hard to swallow. Spread it thin on a small piece of bread. Add a little applesauce or jelly to make it easier to swallow. I can still get beans instead of peanut butter. Can we try lentils?

Helpful Reminders

Use the Food Guide Pyramid to plan breakfast, lunch and dinner 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

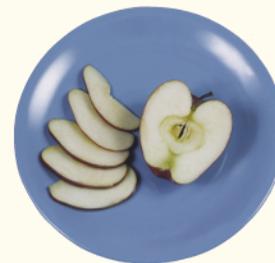
I eat small servings of food, about $\frac{1}{4}$ of the serving size a grown-up eats (or about 2 to 3 tablespoons of each food). A serving of milk or juice is $\frac{1}{2}$ cup. Please let me ask for more food if I am hungry.

• **Keep me safe when I eat.**

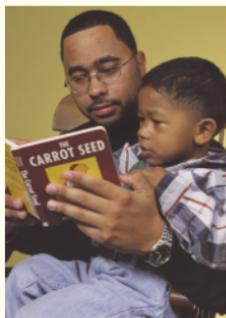
I can choke on foods. Let me sit at the table to eat. Cut large foods like meat or hot dogs or slippery foods like grapes into small pieces for me. Do not let me eat hard foods like candy, nuts, popcorn, or raw carrots.

• **Let's eat together.**

We can talk about the food I am eating. I can learn that milk comes from cows and that apples grow on trees.



Look what I can do!



- I can feed myself. I use my fingers and a spoon. I drink from a cup. I still spill a lot. I must use a plate and cup that do not break.
- I like to do things for myself. I feel very proud. Please say you are proud of me.
- I run, jump, and climb. Can we play in the park? Keep an eye on me. I forget that I can hurt myself.
- I am learning new words. Talk to me. I want to talk with you! Point at foods so I can say what they are. Apple! Banana! Peach!
- I get into things because I am learning about my world. Please let me learn but keep me safe. Put away things I should not touch. Then, you do not have to say "No" as often.
- I like to play what we do every day. I talk on the phone, comb my hair, and "feed" the baby.



Keep my teeth healthy.



- Please help me brush and floss my teeth. I want to do it, but I cannot get them clean.
- Brush my teeth at least 2 times a day. Floss them once a day.
- Use a small, soft toothbrush and water. Brush gently, front and back sides.
- Check my front teeth for white or dark spots. If you see any, take me to the dentist right away.

Health and Safety Tips

- Take me to the doctor once a year. I may need a blood lead test at my 2 year visit.
- Let's visit the dentist to check my teeth and learn how to floss them.
- Help me wash my hands before I eat.
- Lock up cleaning supplies and medicines. They can poison me!
- Buckle me into a child safety seat when in a car.
- Watch me when I am in the bathtub or near any water.

Office of the Maryland WIC Program

1-800-242-4WIC

Parris N. Glendening, Governor

Georges C. Benjamin, MD, Secretary

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Help me be healthy



2 to 2½ years

My name is _____.

I weigh _____ pounds. I am _____ inches tall.

A special note for me: _____
