

15 months old

Child's name _____

Length _____ Weight _____ Date _____

Weight for Length percentile _____ %

Food for Thought

Is your child still drinking from the bottle?

Is your baby eating as you expected?

Does your child feed him or herself?

How much fruit punch, 100% juice, sweetened drinks or soft drinks does your child drink?

Does your child let you know when he or she is full?

What are your child's favorite playtime activities?

Do you eat together as a family?

- Eat together as a family.
- Appetite may be decreasing – Your main job as a parent is to be sure that your child is offered a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs)
- Don't force your child to eat or clean their plate.
- Don't use food as a comfort or reward.

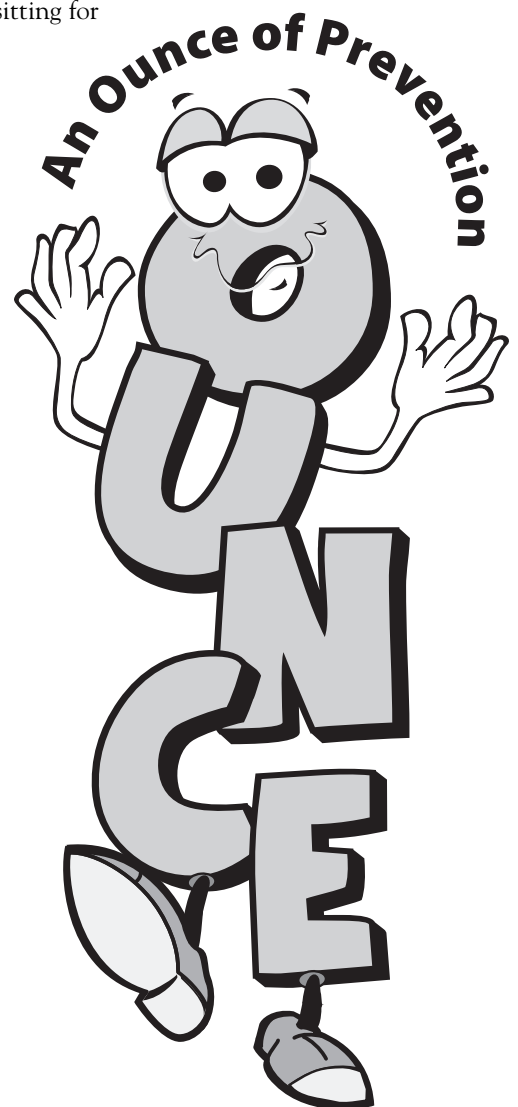
Feeding Advice

- Make sure your child is completely off the bottle and is drinking from a cup.
 - Whole milk – ½ cup (4 oz.) 3-4 servings per day. Talk with your pediatrician or registered dietitian to determine if reduced fat (2%) milk should be used instead of whole milk. Serve milk at meals.
 - 100% fruit juice and no more than 4-6 oz./day.
 - Water is best if your child is thirsty.
 - Avoid sweetened beverages such as fruit punch and soft drinks.
- 3 Meals and 2 healthy, planned snacks per day.
 - Fruits & Vegetables – ½ cup fresh, frozen or canned, 4-6 servings per day.
 - Bread, cereal, rice, pasta – ½ slice or ¼ cup, 5-6 servings per day.
 - Meat, poultry, fish & eggs – 1 ounce, ¼ cup cooked or 1 egg, 2 servings per day.
 - Milk, yogurt – ½ cup; cheese – ½ oz., 3-4 servings per day.
 - Offer new foods at the beginning of the meal.
 - Give a wide variety of fruits and vegetables with different colors, tastes and textures.
 - You may need to offer a food more than 10 times before your child will accept it.
 - Allow your child to feed themselves.

Be Active

- Your child is naturally active, be active with them. Make sure they are not sitting for more than one hour at a time.
- Encourage walking, crawling, climbing, etc.
- Screen time (TV, computer, electronic games) not recommended under age 2.

Notes:



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is Worth a Pound