



American Academy
of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN™
Ohio Chapter

parenting at
mealtime & playtime
an ounce of prevention • a pound of cure

Trusted Parenting Advice at Your Fingertips!

Would you like some tips on fun play?

Do you have a picky eater?

Do you want to enjoy and not dread times to feed your child?

Not sure when to switch from formula/breast feeding to solid food?

Are you confused about what to feed your child based on their age?

The Ohio AAP, in partnership with the Ohio Department of Health, is excited to share the **Parenting at Mealtime and Playtime Mobile App**. Developed in consultation with physicians, pediatric experts and dietitians, the app is designed to provide parents and caregivers with easy access to trusted, age-appropriate advice outside of their doctor's office for children ages birth to 5 years.

This visually-appealing app is organized by age and includes helpful photos, content and videos. You will be able to access:

- Meaningful tips about your child's nutrition and activity
- Information specific to your child's age
- Reminders for well child visits and age-specific tips

Access the app by searching "**Parenting at Mealtime and Playtime**" in the Apple App Store or on Google Play. After you download, click the "Information" logo in the upper right, and follow the directions to register an account.

To receive notifications, click the "Information" logo again, select "Settings," and then enable "Notifications." Finally, tap "Notifications" and select your child/children's birth year(s) and month(s).



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