



PARENTING AT MEALTIME & PLAYTIME

RESOURCES TO HELP CHILDREN LEARN HEALTHY HABITS

Did You Know?

The first two years of life provide a unique “window of opportunity” for humans to learn to eat healthy, nutritious diets that help protect against the risk of childhood obesity. It is during this “window of opportunity” that caregivers can help children develop their flavor preferences through life. Offering a variety of healthy foods as well as repeated exposures will help shape a child’s food preferences and prevent obesity.

Parenting at Mealtime and Playtime is a program developed by the Ohio Chapter, American Academy of Pediatrics that provides tools and resources for caregivers and clinicians to help improve health outcomes for children ages birth through 5 years old.

Resources cover a variety of topics, including:

- Breastfeeding
- Responsive Feeding
- Transitioning to Solids
- Picky Eating
- Screen Time
- Recess
- Lunch Time
- Beverages
- Snacks
- Cooking
- Play, and more!



Early Childhood Health Tips:



Water first for thirst



Reduce screen time



One hour a day to play



Good rest is best



Make each plate a healthy plate



Take time for family meals



Make breakfast count



Make snacks count



Build children up with words



Grow great food tasters



Breastfeeding is welcome



Healthy celebrations



Want more info?

To learn more about Parenting at Mealtime and Playtime and to download resources, visit <https://ohioaap.org/education-cme-moc-ii/parenting-at-mealtime-and-playtime>.

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