

# 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.

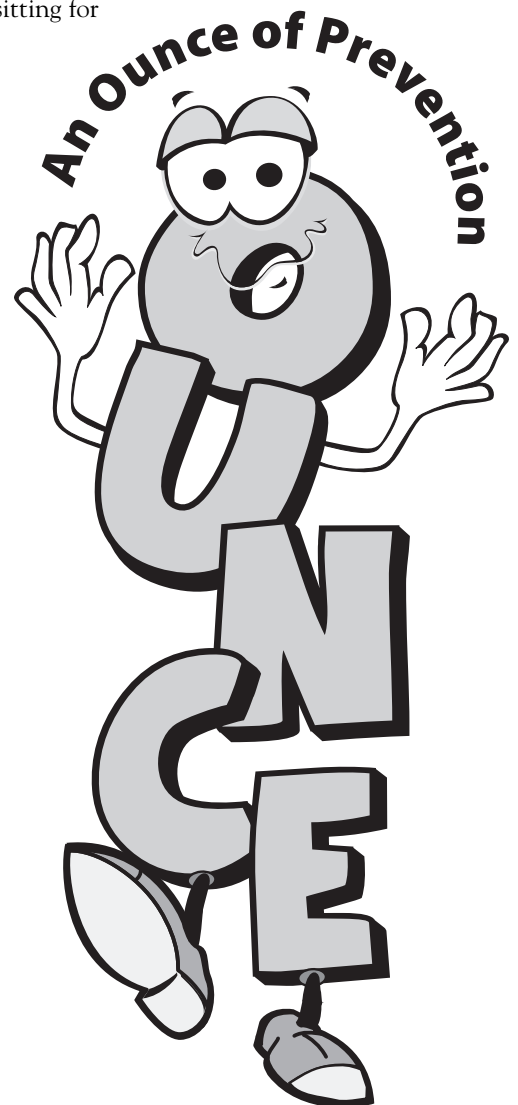
## Feeding Advice

- 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**