

anticipatory guidance

Child's name _____

15 months

guidance

nutrition

activity & development

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

No bottle
 Milk ~ 16 oz./day
 Variety
 3 meals/2 snacks

- Appetite decreasing
- Whole milk 2 cups/day (16 oz.)
- 100% juice 4-6 oz./day
- No sweetened drinks, water instead
- 3 meals and 2 healthy snacks/day
- Variety, repeated offerings

- Finger or spoon feeding
- Walking/running
- Crawls up stairs
- Climbing
- When awake, never inactive for more than 60 min. at a time
- No screen time recommended (TV, computer, electronic games)

18 months

Date _____
 Height _____
 Weight _____
 Weight/Height _____%

Eating together, adult role model
 More than 10 exposures to new food

- 3 meals & 2 healthy snacks/day
- Milk with meals
- 5 fruit or vegetable/day
- Family meal time
- Limit sweets and desserts

- Feeds self
- Running, starting to walk stairs
- When awake, never inactive for more than 60 min. at a time
- No screen time recommended (TV, computer, electronic games)

24 months

Date _____
 Height _____
 Weight _____
 BMI ___ percentile ___ %

Lowfat milk
 Limit 100% juice 4-6 oz.
 Limit TV, less than 2hrs

- Birth weight quadruples
- Start BMI calculation
- Parental likes/dislikes
- Transition to lowfat milk
- Acceptable to decrease fat in diet
- Variety of flavors enhance acceptance
- Portion size = 1/4 adult portion

- Play outside daily
- Runs well
- Unstructured play
- Marching, climbing, jumping
- Planned screen time – less than 2 hrs/day

3 years

Date _____
 Height _____
 Weight _____
 BMI ___ percentile ___ %

Lowfat milk
 Healthy snacks
 Portion sizes

- Birth height doubles
- Planned family meal
- Meal time fun, cut food into shapes
- Flexibility, varying appetites
- Variety, whole grain
- Move toward lowfat or fat free milk

- Any unstructured play
- 30 minutes/day structured play
- Rides tricycle
- Avoid TV and food habit
- Limit screen time to 1-2 hrs/day
- Help child choose what to watch

4 years

Date _____
 Height _____
 Weight _____
 BMI ___ percentile ___ %

Lowfat or fat free milk
 Healthy snacks
 Vegetables/fruit

- Vegetables (repeated exposures)
- Move toward lowfat or fat free milk
- Minimize 100% juice to 4-6 oz.
- Whole grain

- Throws balls
- Hops on one foot
- 30 minutes/day unstructured play
- 60 minutes/day structured play
- Limit screen time to 1-2 hrs/day

5-6 years

Date _____
 Height _____
 Weight _____
 BMI ___ percentile ___ %

Lowfat or fat free milk
 Healthy breakfast
 Limited screen time

- Nutritious breakfast
- Vegetables/fruit, dairy at every meal
- Healthy snacks after school
- Transition to lowfat or fat free milk
- Limit 100% juice to 4-6 oz.
- Limit sweetened drinks and no soda
- Maintain appropriate portion size

- Throwing/catching
- Bike riding, skipping, dance
- Limit screen time to less than 2 hrs/day (TV, computer, electronic games)