

Child's name _____

anticipatory guidance

15 months

Date _____
Length _____
Weight _____
Weight/Length _____ %

guidance

No bottle
Milk ~ 16 oz./day
Variety
3 meals/2 snacks
Discuss Vitamin D supplementation
Monitor weight for length percentile

nutrition

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

activity & development

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

18 months

Date _____
Length _____
Weight _____
Weight/Length _____ %

Eating together, adult role model
More than 10 exposures to new food
Discuss Vitamin D supplementation
Monitor weight for length percentile

- 3 meals & 2 healthy snacks/day
- Quality meat, poultry, fish and eggs
- Milk with meals
- Limit 100% juice 4-6 oz./day
- 4-6 servings fruit and vegetable/day
- Family meal time
- Limit sweets and desserts

- Feeds self
- Running, starting to walk up stairs
- 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 _____ %

Start BMI calculation
Monitor BMI percentile
Lowfat (1%) or fat free (skim) milk
Limit 100% juice 4-6 oz.
Limit TV, less than 2hrs
Discuss portion size

- Birth weight quadruples
- Parental likes/dislikes
- Quality meat, poultry, fish and eggs
- Transition to lowfat/fat free milk
- Discuss Vitamin D supplementation
- Acceptable to decrease fat in diet
- Variety of flavors enhance acceptance

- Play outside daily
- Runs well
- Unstructured play
- Marching, climbing, jumping
- Planned screen time – 1-2 hrs/day (TV, computer, electronic games)

3 years

Date _____
Height _____
Weight _____
BMI _____ percentile _____ %

BMI calculation
Monitor BMI percentile
Lowfat (1%) or fat free (skim) milk
Healthy snacks
Portion sizes

- Birth length doubles
- Planned family meals
- Quality meat, poultry, fish, eggs and nuts/seeds
- Meal time fun, cut food into shapes
- Limit 100% juice 4-6 oz./day
- Flexibility, varying appetites
- Variety, whole grain

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

4 years

Date _____
Height _____
Weight _____
BMI _____ percentile _____ %

BMI calculation
Monitor BMI percentile
Lowfat (1%) or fat free (skim) milk
Healthy snacks
Vegetables/fruit
Discuss portion sizes

- Quality meat, poultry, fish, eggs and nuts/seeds
- Vegetables (repeated exposures)
- Lowfat or fat free milk
- Limit 100% juice to 4-6 oz./day
- Whole grain

- Throws balls
- Hops on one foot
- Minimum 60 minutes of physical activity daily
- Limit screen time to 1-2 hrs/day (TV, computer, electronic games)

5-6 years

Date _____
Height _____
Weight _____
BMI _____ percentile _____ %

BMI calculation
Monitor BMI percentile
Lowfat (1%) or fat free (skim) milk
Healthy breakfast
Limit screen time
Appropriate portion size

- Nutritious breakfast
- Quality meat, poultry, fish, eggs and nuts/seeds
- Vegetables/fruit, dairy at every meal
- 2 healthy snacks/day
- Lowfat or fat free milk
- Limit 100% juice to 4-6 oz./day
- Limit sweetened drinks and no soft drinks

- Throwing/catching
- Bike riding, skipping, dancing
- 60 minutes or more of physical activity daily
- Limit screen time to 1-2 hrs/day (TV, computer, electronic games)



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