

# 18 months old

Child's name \_\_\_\_\_

Length \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Length percentile \_\_\_\_\_ %

## Food for Thought

*What foods does your child like to eat?*

*Is your baby eating as you expected?*

*Do you eat together as a family?*

*Do you allow your child to stop eating when he or she is full?*

*Is dessert offered as a reward?*

*What types of activities are you doing as a family?*

- Turn off the TV at meal time.
- Do not let your child eat while in the car.
- Do not use food as a comfort or reward.

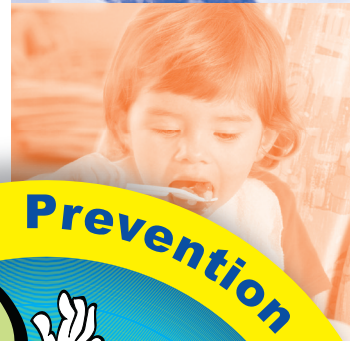
## Be Active

- Your child will naturally like to run and climb.
- Make sure your child is not sitting for more than one hour at a time.
- Play with your child daily.
- Screen time (TV, computer, electronic games) not recommended under age 2.

## Feeding Advice

- Your child should be completely weaned from the bottle.
- If your child is hungry, provide him or her with healthy, planned snacks, twice a day.
  - Snacks should be offered 1-2 hours before meals.
  - Think of snacks as small meals between bigger meals, give your child the same kind of foods you would give at meal time.
- Limit sweets, desserts and avoid giving them candy.
- Water is best if your child is thirsty.
- Your child should be allowed to stop eating when they are full.
- **Sit down and eat together as a family.**
- Be a good role model, make sure you're eating and serving foods from all 5 food groups.
- 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.
- **100% fruit juice and no more than 4-6 oz./day.**
- You may need to offer a food more than 10 times before your child will accept it.

## Notes:



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