

*eighth visit...*

# 18 months

## Food for Thought

*What foods does your child like to eat?*

*Do you eat together as a family?*

*Do you allow your child control over how much they eat?*

*Do you offer a dessert as a reward?*

*What types of activities do you do as a family?*

## Feeding Advice

- Provide your child with healthy, planned snacks twice a day.
  - Don't offer snacks 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 & avoid giving them candy.
  - Give water for thirst.
  - Your child should be allowed to stop eating when they are full.
  - Avoid eating in the car.
- Sit down and eat together as a family.
  - Children like to eat with other people and they also like to see what you are eating, be a good role model.
  - You may need to offer a food more than 10 times before your child will accept it.



## Be Active

- Your child will naturally like to run and climb stairs.
- When your child is awake, make sure they are 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.

## Notes:

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

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

Weight for Height percentile \_\_\_\_\_ %