

## Welcome to Group Care!



### Healthy Active Living at Home

- Breast milk or iron-fortified formula is all your baby needs to eat in the first four to six months of life
- Breastfeeding protects against a variety of diseases and conditions. Breastfeeding families are sick less often. The parents miss less work
- Wait to feed your baby solid foods and water until he is about 6 months of age
- Watch your baby for signs of hunger
  - Putting a hand to the mouth
  - Sucking, rooting, and fussing
- Feed your baby when he is hungry
- Infants should finish their bedtime and nap-time bottles before going to bed
- Watch for signs that your baby is full
  - Turning away
  - Closing the mouth
  - Relaxed arms and hands
- End each feeding when your baby shows signs of being full
- Don't put your baby to bed with a bottle
- When your baby is awake, make sure he spends time on his tummy. Playing with your baby on his tummy two to three times each day helps him learn to slide and crawl. As babies grow older and stronger, they need more time on their tummies to build their strength. You can start with short periods of time (three to five minutes) and gradually increase it as he shows he enjoys the activity
  - Tip: Place toys in a circle around your baby. Reaching to different points in the circle will allow him to develop muscles to roll over, scoot on his belly, and crawl



#### Questions to Ask Your Baby's Pediatrician

"How often should I be feeding my baby?"

"How can I make sure my baby has a safe sleeping environment?"

"Do you have information about programs like WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) that can help me get food/formula?"

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- Two-year-olds typically need 2-3 healthy snacks a day
- Let your child see you eating healthy food
- Instead of making a separate meal for your child, have your child eat with the family. Give 3–4 healthy choices, including ones your child likes
- Let your child choose between two (healthy) foods. Let them decide when they are done eating
- Limit juice to no more than 4–6 ounces a day. Add water to the juice or offer fresh fruit instead of juice
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- Do not use food as a reward or punishment
- Your child's tummy is still tiny. It is better to give him small amounts of food rather than large amounts. If he is still hungry, you can always offer him more healthy food
- Encourage your child to drink water if he is thirsty. Children who are offered water often and early on are more likely to like water when they are older. Water is inexpensive and easy to find
- Ways to help your child enjoy water:
  - Let him fill his own cup from the faucet
  - Add slices of fruit to the water to make it look and taste different
  - Use food coloring to match the water to his favorite outfit, toy or character
- Limit TV, video, and video game time to no more than 1–2 hours each day
- Try to not have a TV in your child's bedroom
- “Special times” do not have to involve food. Active play can be a part of special times
- Do not use TV time as a reward
- Be active together as a family. Make sure your child has the chance to be active at home, at childcare, and with sitters
- Two year olds are active. It is important that your child is active every day. Ideas for active play:
  - Dance with him
  - Play hide and seek
  - Kick or roll balls
  - Follow the leader
  - Jump up and down
  - Play ring around the rosy
  - Act like animals
- Read together. It is a lot of fun and can be part of your bedtime routine



#### Questions to Ask Your Baby's Pediatrician

“How do I handle a picky eater?”

“How many words should my child know by now?”

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### Healthy Active Living at Home

- Limit fast food and dining out. It is much easier to make sure that what your family eats is healthy if you make it yourself!
- Let your child help make meals with you. Give simple tasks such as putting napkins on the table, placing precut vegetables in the salad, or helping mix batter
- If your child has a hard time sitting at the table during mealtimes, try to keep mealtimes short—10 minutes or so. Let your child get up when she shows she is finished eating
- Put healthy foods, such as a bowl of apples, where your child can reach them. When she gets hungry, she can easily get to healthy foods
- Encourage your child to drink water if she is thirsty
- Limit juice to no more than four to six ounces a day. Add water to juice, or offer fresh fruit instead
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- When awake, children should not be inactive for longer than 1 hour at a time
- Limit TV and videos to no more than one to two hours each day
- Try not to put a TV in your child's bedroom
- Be active together as a family
- Choose active toys for your child. Young children need easy access to balls, jump ropes, and other active toys
- Find time for things such as singing, exploring parks, flying a kite, digging in the sand, tumbling in leaves, or building a snowman
- Find ways to engage your child in healthy active living such as
  - Playing a game of tag
  - Making healthy meals together
  - Making a shopping list with colorful fruits and vegetables
  - Going on a walk in the neighborhood
  - Growing a garden
- Read together. It can be a lot of fun and part of your bedtime routine



#### Questions to Ask Your Baby's Pediatrician

"How can I make sure my child is getting enough physical activity?"

"How often should I read to my child?"

"What type of car seat should my child be using?"

"When is my child ready for organized sports?"

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### Healthy Active Living at Home

- Limit TV, video, video game, and computer time to no more than one to two hours each day
- Try to not have a TV in your child's bedroom
- Find time for daily play, and praise your child for being active
- Be sure your child has easy access to balls, jump ropes, and other toys that encourage active play
- Exercise and stay active. Children who see their parents enjoying sports and physical activity are more likely to do so themselves
- Playing games such as hide-and-seek, kick ball, freeze tag, hopscotch, and catch can help your child develop body confidence. It can also prepare him for more advanced physical activities and school sports
- This age is also a great time to expose your child to organized sports such as soccer or T-ball
- Limit fast food and dining out. It is much easier to make sure that what your family eats is healthy if you make it yourself
- Let your child help make meals with you. Give simple tasks such as putting napkins on the table, placing precut vegetables in the salad, or helping mix batter
- Put healthy foods, such as a bowl of apples, where your child can reach them. When he gets hungry, he can easily get to healthy foods
- Encourage your child to drink water if he is thirsty
- Limit juice to no more than four to six ounces a day. Add water to juice, or offer fresh fruit instead
- Read together. It can be a lot of fun and part of your bedtime routine



#### Questions to Ask Your Baby's Pediatrician

"Is my child up-to-date with her immunizations?"

"How do I know if my child is ready for school?"

"What are appropriate portion sizes for my child?"

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### Healthy Active Living at Home

- Breast milk or iron-fortified formula is all your baby needs to eat in the first four to six months of life
- Signs that your baby may be ready to start eating baby foods include
  - Opens mouth for the spoon
  - Is able to sit up with support
  - Has good head and neck control
  - Seems interested in foods you eat
- Feed your baby when he is hungry. Do not assume your baby is hungry every time he cries; he may just need comfort
- Avoid feeding your baby too much. Watch for signs of fullness. Signs include leaning back and turning away from the breast, bottle, or spoon
- Don't put your baby to bed with a bottle
- Encourage more active play as your baby learns to roll and scoot
  - Offer baby-safe mirrors, floor gyms, and colorful toys to hold
  - Let your baby spend plenty of time on his tummy when he is awake and can be watched
  - Once he can sit, play peekaboo. This helps him build his muscles to be able to sit longer
  - Play music. Encourage your baby to scoot and move to the music with you
- Babies love floor time. They love to roll, reach, and crawl. Do not leave your infant in an infant seat, crib, or playpen for more than 15 minutes unless he is sleeping or traveling



#### Questions to Ask Your Baby's Pediatrician

"Is my baby ready to start solid foods?" "What should I start with?" "How much and how often?"

"Do you have information about programs such as WIC (Special Supplemental Nutrition Program for Women, Infants, and Children) that can help me get food/formula?"

"How do I know if my baby is developing normally?"

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### Healthy Active Living at Home

- By 6 months of age, most babies weigh twice as much as they did at birth
- Your baby's growth may slow down in the upcoming months
- If you are still breastfeeding, that's great! Continue as long as you like
- If you are formula feeding, be sure you are using an iron-fortified formula
- Babies should finish their bedtime and nap-time bottles before going to bed
- As your baby learns to eat solid foods, start by offering one to two tablespoons two to three times per day
- Introduce new foods one at a time. Consider leaving one to three days between each new food. Watch for signs of allergy or intolerance
- It can take 10–15 exposures to a new food before a baby learns to like it
- In addition to iron-fortified cereal, introduce cooked, pureed meats as well as fruits and vegetables into your baby's diet
  - Cooked, pureed red meat is a good source of iron
  - It is healthier to offer babies 7 months and older whole fruit (either mashed or pureed) instead of juice
  - Cereal or other foods should not be added to your baby's bottle unless instructed by your pediatrician
- Avoid feeding your baby too much. Watch for signs of fullness. Signs of fullness include leaning back; turning away from the breast, bottle, or spoon; and pushing away
- Babies will show interest in handling foods and spoons. This helps develop their fine motor skills
- Gently wipe your baby's gums with a moist cloth after feeding
- Encourage active play with baby-safe mirrors, floor gyms, and colorful toys to hold
- Help him creep while holding onto furniture, as well as move one place to the next. This helps him build strength and confidence. He will need this to walk
- Develop a quiet, soothing bedtime routine with your infant to introduce sleep at a regular time each night



#### Questions to Ask Your Baby's Pediatrician

"How do I know if my baby is eating enough?"

"What do I need to do to safety proof my house?"

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### Healthy Active Living at Home

- Children do well with routines and schedules. Having regular meal, snack, and sleep times will help you and your child
- Have your child start eating with you during family mealtime
- Toddlers do best when they have structured eating times. Feed your toddler three meals a day. Offer a morning and afternoon snack
- Begin weaning your child from bottles by 12 months of age, and completely stop them by 18–24 months (the longer you wait, the more difficult this becomes)
- Let your child use a small plate, cup, and even toddler-safe utensils for eating and drinking
- Healthy habits start early. Be sure to give your child healthy foods for meals and snacks
  - Snacks are small meals between bigger meals. They should be the same type of food you would give your child at mealtime
  - Set up regular mealtimes and snack times
  - Avoid continuous feeding or grazing
- Encourage your child to drink water if she is thirsty
- Limit juice to no more than four to six ounces a day. Add water to the juice, or offer fresh fruit instead
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- Let your child decide what and how much to eat from healthy food options. End feeding when she stops eating
- Families who eat out a lot or pick up take-out or fast food are more likely to be overweight
- Read together. It is a lot of fun and can be part of your bedtime routine
- In the first two years of life, children’s brains and bodies are going through critical periods of growth and development. It is important for infants and young children to have positive interactions with people. They should not sit in front of a screen. This takes time away from social interactions. TV viewing for children younger than 2 years is strongly discouraged



#### Questions to Ask Your Baby's Pediatrician

“Do you have any concerns about my child’s weight or height?”

“What foods should/shouldn’t my child be eating?”

“How can I help my child learn?”

“What should I be doing to take care of my baby’s teeth?”

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## Healthy Active Living at Home

- Set up regular mealtimes and snack times
  - Snacks are small meals between bigger meals. Snacks should be the same type of food you would give your child at mealtime
  - Avoid continuous feeding or grazing
- Give healthy choices, and keep portions small. Toddlers often like three or four different kinds of food at a meal, with different textures and tastes
- Start with small portions; you can always give him more if he needs it
- Put new foods next to foods your child likes. Encourage her to touch, smell, lick, or taste the new food
- Giving healthy dips, such as yogurt, hummus, or low-fat salad dressings, can help children learn to like eating vegetables
- Don't force your child to eat. It can make kids more likely to refuse food and eat less
- Do not use food as a reward or punishment
- If your child has a hard time sitting at the table during mealtimes, try to keep mealtimes short—10 minutes or so. Let your child get up when she shows she is finished eating
- Encourage your child to drink water if she is thirsty
- Limit juice to no more than four to six ounces a day. Add water to the juice, or offer fresh fruit instead
- Make sure that everyone who cares for your child gives healthy foods and not sweets
- Let your child see you eating healthy food
- Parents are a child's best teachers! Teach by example. Make time to be active with your family. Show healthy activity by exercising. Talk with your children about it
- Make time to play with your toddler. Play follow the leader, marching band, or ring-around-the-rosy, or dance to music
- Choose active play rather than TV time. TV viewing for children younger than 2 years is strongly discouraged
- Turn activities such as cleaning up and putting away toys into a game your child can "play"
- Read together. Reading is fun and can be part of your bedtime routine



### Questions to Ask Your Baby's Pediatrician

"Is my child developing normally?"

"How do I know when my child is ready for toilet training?"