Points to remember:

As a parent, you are responsible for:

- Choosing **what and when** your child eats.
- Deciding what food comes into the house.
- Making meals.
- Ensuring your child shows up for meals.
- Making sure your child behaves at the table.
- Choosing the time for meals and snacks.

Your child is responsible for:

- Deciding **how much** he or she eats.
- Deciding **whether** he or she eats during meal or snack time.

Your doctor, nurse or nutritionist can help you find out about your child’s growth and weight. They may also provide information about how your child eats.

Putting your child on a “diet” will cause unnecessary stress for both of you. It is better to improve the eating habits of the whole family.

It is hard to know exactly how much your child will eat every day because your child’s activity and appetite changes from day to day.

Help your child stay healthy

- Make good food choices.
- Practice healthy eating habits.
- Encourage active play every day.

What I will do for my child...

If you need this in an alternate format, please call 971-673-0040. TTY 1-800-735-2900.
Available formats include: large print, Braille, audio tape, electronic format and oral presentation.
Visit our web site: [www.healthoregon.org/wic](http://www.healthoregon.org/wic)

Adapted from:
“Your Growing Child,” developed by the Departments of Health Services, California.

OREGON WIC PROGRAM

Your child’s health

Let’s look at improving . . .

- Food choices
- Eating habits
- Physical activity
Food Choices

You are responsible for what and when your child eats and drinks!

Provide balanced, regular meals and snacks each day. Snacks are an important part of your child’s nutrition.

Choose these for meals and snacks...

- Low fat white milk
- Water or unsweetened fruit juice
- Broiled meats, cheese, tuna in water, cold meat strips, hard boiled eggs
- Whole grain crackers, breadsticks or pretzels
- Whole wheat toast or unsweetened breakfast cereal
- Baked or boiled potatoes
- Fresh or frozen fruit or fruit canned in juice
- Plain, cooked or raw vegetables
- Pudding made with low fat milk, plain or vanilla yogurt or ice milk

Instead of these.

- Whole or chocolate milk
- Soda, fruit punch, “Kool-Aid”®
- Fried meats, hot dogs, lunch meat
- Chips, cookies
- Sweetened cereals, “Pop-Tarts”®
- French fries, fried potatoes
- Sweetened fruits, fruit snacks or roll-ups
- Vegetables with sauces or butter
- Ice cream, sweet desserts

Eating Habits

Lifelong eating habits develop early!

Try this first... Instead of this.

- Give hugs and kisses to reward your child
- Have your child use a cup
- Set regular meal and snack times
- Offer a healthy choice of foods
- Comfort your child with attention and affection
- Use the same limits and food for your child as for the rest of the family
- Store food out of sight and reach of your child
- Make mealtime a family time by focusing on each other

- Using food as a reward or bribe
- Letting your child drink from a bottle
- Letting your child eat whenever he wants
- Letting your child eat whatever he wants
- Quieting your child with food
- Setting stricter limits for your child than the rest of the family
- Letting your child help himself to food
- Letting your child watch TV or play with toys during meals

Physical Activity

Encourage active play every day!

What does your child like to do now?

- Go for a walk
- Play in the park
- Ride tricycles
- Swim
- Play ball
- Run and skip
- Dance to music
- Jump and hop
- Have “family exercise time”

What will you encourage him to try in the future?

Remember:

- Make activities fun.
- Limit TV and screen time.
- Active play burns calories.
- Children often eat if they are bored.
- Set a good example.