

HOW CAN I ENCOURAGE MY CHILD TO BE PHYSICALLY ACTIVE?

- Limit the time your child spends watching TV and movies or playing computer games to 1 to 2 hours per day.
- Play together (for example play ball, tag, hopscotch, sled or skate).
- Be a positive role model, participate in regular physical activity yourself.



South Lake Pediatrics
Infant, Child & Adolescent Care

The Daily 5-2-1-0

	5	servings fruits and vegetables
	2	hours limit on screen time (TV, computer and video games)
	1	hour active play or exercise
	0	liquid calories (pop, sweetened juices or sports drinks)

www.southlakepediatrics.com
952-401-8300

For more advice, check out our website at www.southlakepediatrics.com for links and information, or talk to your South Lake clinician.

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Committee on Nutrition and Healthy Lifestyles

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TIPS FOR AGE: 2-5 years



CARSEAT SAFETY TIPS

- Always keep your child's carseat in the backseat of your car.
- Check the side of your carseat for its limits on height and weight. When a child has outgrown it, advance them to a booster seat. Children should stay in a booster seat until they are 4'9" tall.
- For more information on carseat safety go to www.aap.org/family/carseatguide.htm

HOUSEHOLD SAFETY

- Keep the thermostat on your hot water heater at or below 120 degrees to avoid burns.
- In case of an ingestion of poison or medication, call Poison Control at 1-800-222-1222.
- For more information on CPR classes, go to www.redcross.org
- Begin talking to your child about stranger avoidance, good touch and bad touch and secrets.

OUTDOOR SAFETY

- Be sure to apply sunscreen frequently to your child when outdoors.
- Helmets should be used for a number of different activities including biking (on their bike or as a passenger on yours), riding a tricycle, skiing and hockey.
- Never let your child play around water alone.
- Talk to your child about street safety and never going into or crossing the street without an adult.



CHOKING PREVENTION

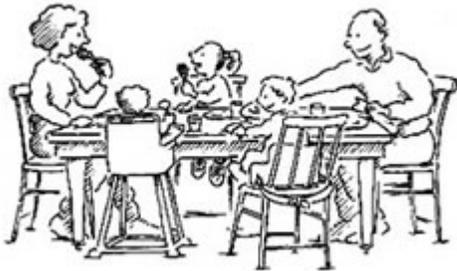
- Your preschooler should sit while eating and drinking. Eating or drinking while walking or running may cause your child to choke.
- Do not let your preschooler eat in a moving car. If she chokes while you are driving you will not be able to help her immediately.

WHAT CAN I EXPECT MY PRESCHOOLER TO DO AS HE GROWS?

- Pour liquids from a small pitcher
- Request a favorite food
- Enjoy foods in various shapes and colors. Have an increased interest in food in general
- Enjoy imitating the cook and helping to prepare food
- Be influenced by TV
- Be more interested in talking than eating
- Continue to have periods when he only wants to eat a particular food
- Be influenced by his peers or siblings

HOW CAN I TEACH MY PRESCHOOLER HEALTHY EATING BEHAVIORS?

- Make one “family” meal, but offer several “side” dishes that your child may choose from (bread, yogurt, fruit, cheese sticks etc.). Serve an unfamiliar food with a familiar food. Don’t cater to your child’s finicky appetite by making him a “special” meal; this just makes him even more finicky!



- Children ages two to three-years-old need 500mg of calcium a day. Those four to five years need 800 mg. This is roughly 2-3 servings of calcium rich foods (dairy, calcium-fortified orange juice, tofu, collard greens, etc.) a day.
- The milk should be 1% or skim. Offer water for thirst. Discourage juice or pop, or limit 100% fruit juice to 4 to 6 oz per day.
- Involve your preschooler in meal planning and preparation. Children are more likely to try a food they have helped to prepare. Even young children can help stir, mash, pour and measure.
- When grocery shopping, plan for a variety of safe, nutritious and reasonably appealing foods for meals and snacks. Read food labels and try to limit

sodium and trans-fats in the foods you purchase. For families that are able to prepare foods from scratch, you may find that the benefits of limiting salt and eliminating preservatives outweigh your additional prep-time.

- Children prefer bright colors and interesting textures. Crunchy fruits and smooth puddings make a nice combination.
- Offer a new food multiple times... don’t give up. Many young children must be offered a food 8 to 10 times before they find they like it.
- Imitation is a powerful learning tool, so be a role model. If you want your child to drink milk or eat fruit and vegetables, make sure he sees you drinking milk and eating fruits and vegetables!

WHO IS RESPONSIBLE FOR WHAT?

- Establish eating and mealtime responsibilities: It is your responsibility as a parent to determine when meals and snacks will be served, and what foods will be served. It is your child’s responsibility to decide what to eat and if to eat at all!

HOW CAN I MAKE MEALTIMES MORE ENJOYABLE?

- Avoid mealtime power struggles. You are too controlling if you make your child:
 - Stay at the table to eat vegetables
 - Clean her plate before getting up
 - Eat certain foods before dessert
 - Withhold snacks because she refuses to eat or finish a meal
- Use your child’s favorite plate, bowl, cup and utensils.
- Create a relaxed setting for meals. Cut down on distractions and turn the TV off.
- Serve healthy foods for meals and snacks at scheduled times, but allow for flexibility.
- Let your child leave the table when he has finished eating.
- Praise your preschooler for trying new foods and for practicing appropriate behavior at the table.
- “A taste is just a taste” or the “one bite rule:” your child must at least taste a new food, but let him decide the amount to try.

