

seventh visit...

# 15 months

## Food for Thought

*Is your child still drinking from the bottle?*

*How does your child feed him or herself?*

*How much fruit drink, 100% juice, sweetened drinks or soda does your child drink?*

*Does your child let you know when he or she is full?*

*What are your child's favorite playtime activities?*

*Do you eat together as a family?*

## Feeding Advice

- Make sure your child is completely off the bottle and is drinking from a cup.
  - Whole milk – 1/2 cup (4 oz.) 3-4 servings per day.
  - 100% fruit juice and no more than 4-6 oz./day.
  - Water is best for extra fluids.
- 3 Meals per day and 2 planned snacks.
  - Offer new foods at the beginning of the meal.
  - Give a wide variety of healthy foods with different colors, tastes & textures.
  - You may need to offer a food more than 10 times before your child will accept it.
- Appetite may be decreasing – Your main job is to be sure that your child is served a variety of healthy foods (fruits, vegetables, milk, yogurt, cheese, whole grains, meat, poultry, fish & eggs) – and your child's job is to decide how much to eat. Don't force your child to eat.



## Be Active

- Encourage walking, crawling, climbing.
- Your child should be naturally active, be active with them. When your child is awake, make sure they are not sitting for more than one hour at a time.
- 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 \_\_\_\_\_ %