



Child/Niño



Active Play
Juego Activo



Picky Eater
Niño Melindroso

What other topic would
you like to talk about?

*¿De qué otro tema le
gustaría hablar?*



Drinks for Kids
Refrescos para Niños



Child Friendly Snacks
Meriendas Que le Gustan a los Niños



Mealtimes
Hora de Comer

<p style="text-align: center;">Active Play</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> • What types of activities does your child enjoy? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> • Physical activity helps kids: <ul style="list-style-type: none"> • develop motor skills • coordination • feel good about themselves • Play actively several times a day. • Have fun, try a variety of activities. • Encourage activity by being active with them. <p>Ask- closing options:</p> <ul style="list-style-type: none"> • Which of these ideas might work best for you? • What do you think about this information? 	<p style="text-align: center;">Drinks For Kids</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> • What does your child like to drink? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> • Drinks are an important part of a child’s diet. • Offer milk or 100% juice with meals and snacks. • Offer water between meals and snacks. • Use lemons, oranges, strawberries, limes, cucumbers to add flavor to water. <p>Ask- closing options:</p> <ul style="list-style-type: none"> • Which of these ideas might work best for you? • What do you think about this information?
<p style="text-align: center;">Picky Eater</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> • Which foods does your child like to eat? • Which foods doesn’t she like? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> • Picky eating is common with kids this age. • If he is healthy, growing normally and has plenty of energy he is probably getting the nutrients he needs. • Offer a variety of foods and let your child choose which and how much to eat. • Let them help, plan, shop and prepare meals. • Offer choices, “which would you like for dinner: broccoli or cauliflower?” <p>Ask- closing options:</p> <ul style="list-style-type: none"> • Which of these ideas might work best for you? • What do you think about this information? 	<p style="text-align: center;">Child Friendly Snacks</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> • What types of foods do you offer for snacks? • How often do you serve snacks? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> • Most kids need 3 meals and 1 or 2 snacks a day. • Try providing snacks that include foods from two food groups. For example, apples and cheese, graham crackers and yogurt. • Make treats, “treats”. Try limiting to a few times a week. <p>Ask- closing options:</p> <ul style="list-style-type: none"> • Which of these ideas might work best for you? • What do you think about this information?
<p style="text-align: center;">Mealtimes</p> <p>Ask- possible opening questions:</p> <ul style="list-style-type: none"> • Describe your child’s mealtimes? Does he eat meals with the family? • Does she eat the same foods as the rest of the family? <p>Provide- suggestions for sharing:</p> <ul style="list-style-type: none"> • Follow a meal and snack schedule. Plan for 3 meals and 1 or 2 snacks each day. • The parent is responsible for the what, when and where of feeding. The child is responsible for how much and whether to eat. • Let them serve themselves at dinner. • Avoid praising a clean plate. Children should stop eating when they are full, rather than when the plate is clean. • Eat together whenever possible. • Offer the same foods for everyone. • Turn off the TV during meals. Talk about fun and happy things. <p>Ask- closing options:</p> <ul style="list-style-type: none"> • Which of these ideas might work best for you? • What do you think about this information? 	