

15 month visit



As the parent, you choose where, what and when your child eats. **Allow your child** to choose how much or if they will eat. It is normal for your child to skip meals at this age.

Allow your child to feed themselves. This will probably be messy, but learning this skill is important for your child's development.

Keep meal times pleasant and positive; do not get into power struggles with your child about eating.



Eating Well

Your child can eat the same healthy foods as rest of the family cut up in small pieces.

Enjoy meals together at a table without TV or other electronic devices.

Children who eat with their family at a table are less likely to be overweight, eat fewer fried foods, drink less soda, eat more fruits and vegetables, get better grades and are less likely to be involved in drugs and alcohol as teenagers.

Offer a variety of foods with different colors, textures and preparation methods. For example; cooked coin carrots, carrot soup and grated carrots.

Offer new foods at the beginning of a meal. You may have to offer new foods several times before your child will try it.

It takes time to get used to new foods; offer more than 10-15 times, this will help later down the road so they are less picky as they grow.

Healthy snacks are an important part of your child's planned meal routine.

Do not use food as reward, comfort or to entertain. Do not force your child to clean their plate. This can lead to unhealthy habits later in life.

Teach your child good table manners; to be open to trying new foods, turning down food politely "no thank you," sitting for five to ten minutes. Unacceptable behaviors; throwing food, bringing toys to the table, making negative comments about food and coming back to eat after leaving.

Your child should now drink from a cup and no longer use a bottle.

Serve milk with meals and water between meals.

Drinking more than 24 ounces of milk a day can lead to low iron in the blood, called anemia.

Avoid sugary drinks such as soda pop, sports drinks and punch. This can lead to cavities and weight gain. Children do not need juice, desserts or treats.

Do not let your child eat in the car due to risk of choking.

Brush your child's teeth with a small soft toothbrush with a smear of fluorinated toothpaste twice daily.



Offer 3 healthy meals and 2-3 healthy snacks at about the same time each day!

Dairy: 2 cups a day.

1 cup = 1 cup milk or
Other Dairy: 1 cup yogurt and 1½ ounces of cheese.

Vegetables: 1 cup total.

Fresh, frozen, or canned vegetables throughout the day.

Fruits: 1 cup total.

Fresh, frozen, or no sugar added canned throughout the day.

Whole Grains: 3 ounces a day.

Bread, cereal, rice and pasta.
1 ounce = 1 slice of bread,
½ bun or mini bagel,
1 cup dried cereal,
½ cup cooked cereal, rice or pasta.

Protein: 2 ounces a day.

Meat, poultry, fish, eggs, beans and nuts.

1 ounce = 1 ounce of meat, poultry or fish, 1 egg, ¼ cup cooked beans (pinto, kidney, black, lima, etc.), 1 tablespoon peanut butter or ½ ounce of chopped nuts and seeds.



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Eating Well CONTINUED

Sample Meal Pattern

BREAKFAST: 1 ounce Grain; ½ cup Milk;
½ ounce Protein

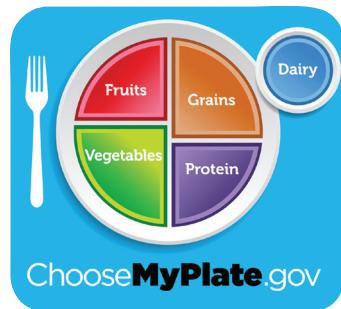
SNACK: ½ cup Fruit

LUNCH: 1 ounce Grain; ½ cup Vegetable;
½ ounce Protein; ½ cup Milk

SNACK: ½ cup Fruit

DINNER: 1 ounce Grain; ½ cup Vegetable;
1 ounce Protein; ½ cup Milk

SNACK: ½ cup Other Dairy



Be Active

Movement is important for brain development.

Encourage your child to move every hour and let your child walk on their own when possible.

Encourage lifting, carrying, pushing, pulling, throwing, pounding, climbing, emptying and filling.

Containers, wagons, balls, shopping carts, shape sorters and puzzles are great toys at this age.

Children love to climb. Pile up soft objects like blankets or pillows and let your child climb.

Do not put a TV in your child's bedroom.

Screen time (TV, computer, cell phone and electronic games) is not recommended under age 2.

Encourage imaginative play with child.

For example; cooking, cleaning, and dress up.

Sleep

Children sleep 12-14 hours in a 24 hour period, including naps of 1 to 3 hours.

Have a regular day and night time sleep schedule. Children do well with routine and need structure.

Regular sleep schedules have a positive impact on cognitive development.

Watching TV or videos before bed can make it harder to fall asleep.

Establish a bedtime routine.

