



# 4 year visit



**To help your child become more familiar with new foods, allow them to help prepare it.** Make new foods fun by reading stories or coloring pictures about them.

**Be a good role model and eat healthy too.** Your child watches how you eat and will model it in time.



## Eating Well

**Enjoy meals together at a table without TV or other electronic devices on. Use child sized plates, cups and silverware.**

### Children who eat with their family:

- Are less likely to be overweight
- Eat fewer fried foods
- Drink less soda
- Eat more fruits and vegetables
- Get better grades
- Are less likely to be involved in drugs and alcohol as teenagers

**Serve your child the same food as the rest of the family;** do not cook them a separate meal. As the parent, you choose where, what and when your child eats. Allow your child to choose how much or if they eat.

**Offer healthy snacks from two food groups 1½-2 hours before a meal** so your child is hungry and more likely to eat when a meal is served.

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

**Serve milk with meals and water between meals in open cups.**

**Feed meals and snacks every 3 hours, an average of 5-6 times a day, in a designated area.** Allow them to eat until full and satisfied. Do not let children graze on food and drink all day. Kitchen is closed other than planned meals and snacks, except water.

**Provide sweets on a predictable basis, less often than nutritious items,** and stay neutral when discussing them. Do not use such items to reward or punish children.

**Brush your child's teeth with a small, soft toothbrush and a pea-sized amount of fluorinated toothpaste at least twice daily.** Typically by 7-8 years old children can brush their own teeth effectively.

**If your child is in day care or with family, make sure they are consistent with your healthy eating routines.**

**At restaurants** order fruit, vegetables and low fat milk with meals and avoid fried foods. Remember portion sizes are usually large so share meals and bring home leftovers.



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

**Dairy: 2 ½ cups a day.**

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

**Vegetables: 1 ½ cups total.**

Fresh, frozen, or canned vegetables throughout the day.

**Fruits: 1 ½ cups total.**

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

**Whole Grains: 5 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: 4 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 nuts.*



## Eating Well CONTINUED

**Sample Meal Pattern**

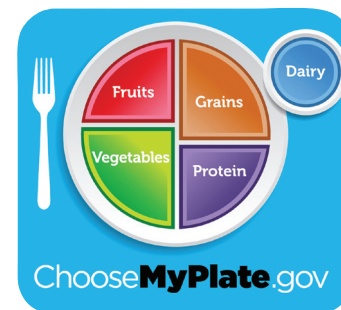
**BREAKFAST:** 1 ounce Grain; ½ cup Milk;  
1 ounce Protein

**SNACK:** ½ cup Fruit;  
½ cup Other Dairy

**LUNCH:** 1 ounce Grain; ½ cup Vegetable;  
1½ serving Protein; ½ cup Milk

**SNACK:** ½ cup Fruit; ½ cup Milk;  
½ cup Vegetables

**DINNER:** 2 ounces Grain; ½ cup Vegetables;  
1½ serving Protein; ½ cup Milk;  
½ cup Fruit



## Be Active

**Children need to spend time trying to master gross motor skills:**

running, hopping, skipping, jumping, catching and throwing.

**Encourage** tag, jump rope, playing games with balls, scavenger hunts, obstacle courses, follow the leader and Simon Says.

**Children should be active** for 60 minutes of structured physical activity and several hours of unstructured physical activity each day.

**Your child should be able to ride a bike with training wheels. Make sure they wear a safety helmet.**

**Limit screen time to less than 2 hours a day.** Including; computer, TV, iPads™ and video games.

**Do not allow TV or computer in bedrooms.**

**Consider preschool or community programs** for activity and development.

## Sleep

**Children need 11-13 hours of sleep each night. Naps or quiet time should be at the same time daily.**

**A consistent bedtime routine is important.**

**Read to your child before bed,** ask questions about the story.

**As the child's imagination develops, they may experience nightmares** and have difficulty falling and staying asleep. Sleep deprivation is a common problem at this age.



**NOTE:** All recommendations are based on current research as of January 2015. Produced by We Are for Children, Grand Rapids, MI.