

Healthy Habits

18 - 24 months



five two one
almost none

www.521almostnone.com

NUTRITION

Whole milk or breast milk and water are best for me to drink. When I turn 2, I can drink lower-fat milk instead of whole milk.

If I do have other drinks, please limit it to 4 ounces of 100% juice a day.

I like to try many new foods, even those you don't like.

I like well-cooked meat that is cut small so I won't choke. No hotdogs, please!

If I don't want to try a new food, stay patient with me.

ACTIVITY

Schedule active play time with me every day.

I like to walk on my own now. I don't like to be in a stroller too much.

Playing with other children helps me develop good social skills.

Playing outdoors gives me a chance to run, climb and jump, when I am able.

SCREEN TIME

TV is not the way I learn. My best teachers are my family. I learn best when you look at me and talk to me.

Try not to expose me to TV until I am at least 2 years old. My brain is growing fast now, and I learn best interacting with people, not screens.

I do not want a TV in my bedroom. It disrupts my sleep.

If you like to watch TV, try to do this when I am asleep in another room.

I like cooked vegetables, not raw. The more colorful, the better!

I can drink from a cup and use a spoon now, but I might make a mess. Please be patient while I'm learning.

Sitting down with my family for 3 meals a day is good for me.

Feed me 2-3 healthy snacks a day, when I am hungry. I will stop eating when I am full.

I like to put food in my mouth and take it out, so I can learn and explore.

Offer me many new foods. It might take 10 tries before I will like them.

I like throwing balls, stacking blocks and playing with toys I can push and pull.

I like opening and closing doors and drawers. Make sure I stay safe while exploring!

Let's dance to music for exercise!



I like to interact with you at mealtime and playtime :)

Please turn off the TV while we are eating, so I am not distracted.



PARENTING TIPS

Let me see you eating healthy and moving. You are my role model.

Build a team of family, friends and care givers who help me eat healthy and be active.

Talk to other parents. Join a play group or find support groups, online.

Play with my hands and feet as you smile, laugh, sing and talk to me.

I still need a nap every day. Each day I need 12 to 14 hours of sleep.

Reading my favorite story before naptime is a great way to calm down!

I understand a lot of what you say now. Talk to me and let me practice talking with you, too.

CREATE & KEEP REGULAR ROUTINES

Regular Meals

Daily Physical Activity

Enough Sleep

Local & Online Resources

5-2-1 Almost None www.521almostnone.com

Smart Start Information about local parenting classes, reading programs and/or play and learn groups:

Buncombe County (828) 350-2932 <http://www.smartstart-buncombe.org/index.php/fam-programs/famplaynlearn>

Haywood County (Region A Smart Start) (828) 586-0661, <http://regionakids.org>

Henderson County (828) 693-1580, <http://www.smartstarhc.org>

Transylvania County (828) 877-3025, <http://www.smartstarttransylvania.org>

Nutrition, Activity and Parenting Tips <http://www.healthychildren.org/English/healthy-living/growing-healthy>

sixtysecondparent.com

Text4Baby.org

Triple P Parenting Programs <http://www.triplep-parenting.net/nc-en/home>

Buncombe County (828) 351-8098

Go Smart an in-browser app for desktop, tablets, or smartphones with instructions for active play for children 0-5
<https://gosmart.nhsa.org>

**WIC (Women, Infants & Children)
At Your Local Health Department**

Buncombe County (828) 250-5000

Henderson County (828) 692-4223

Haywood County (828) 452-6701

Transylvania County (828) 884-3242



Adapted by WNC Healthy Kids and WNC Pediatric Care Collaborative from NC DHHS Division of Public Health, Nutrition Services Division; ZeroToThree.org; and American Academy of Pediatrics' HALF Implementation Guide and HealthyChildren.org

For more tips & links to these resources, visit <http://www.521almostnone.com/resources/additional-resources>

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