



- All families can take small steps to healthy bodies and healthy minds!
- What screens do you have in your home? A TV, tablet, smartphone, or computer?
- Do you have limits on screen use for your children, or for yourself?
- Children learn by watching you, so it can be helpful to limit your own screen time when you are together. Think what you might have as a family media plan, to keep track of how much you're watching.
- Bedtime should be a screen-free time, because it will help your child sleep more easily.



- Every family has different meal routines with their family. Tell me about some meal times with your family – who is at the table? How often do you eat together? What do you think about turning off the TV and putting away cell phones when you eat? Sitting together can be a great time to hear about your child's day, or to tell them about yours.
- What are your child's favorite foods to eat in your home?
- Talk about how your child tries new foods. Did you know it can take between 10-15 tries for a child to learn to like a new taste?
- How do you know when your child is hungry? Does your baby make noise or turn away from the food? Think about the amount of foods you serve to your child, to avoid wasting food or encouraging too much.
- What are your child's favorite snack foods? You know that you can think of snacks as mini meals, with the same healthy foods as you would serve at meal times but in smaller amounts.



- Playtime doesn't have to be organized! It can happen any time, as long as you're together, being active, and having fun!
- There are so many activities to choose from! What activities make your child laugh? Do they have a favorite game to play with you?
- What are some errands or daily activities you do, like going to school or the store? Are there any ways you could think of to make that time more active?



- Tell me about your child's bedtime. When do they go to sleep, and is it at the same time most nights?
- What things might you do to calm your child down before they go to sleep? Singing or reading together, or giving a bath?
- Using screens close to bedtimes make it harder for children to settle down.
- Does your child have a favorite song or story they like to hear at night?
- Where does your child sleep? Think about whether they can see screens from where they sleep.

Small Steps to
Healthy Bodies
Healthy Minds

Birth to
9 months

Eat Well
Play Together
Sleep More

UNTIL 4-6 MONTHS

Your baby only needs:

- ✓ Breastmilk + Vitamin D Supplement and/or
- ✓ Iron-fortified infant formula

Tummies aren't ready for cereals until around 6 months!



4-6 TO 9 MONTHS

In addition to formula or breastmilk:

- ✓ Slowly start introducing your baby to pureed foods
- ✓ Explore a variety of foods, especially fruits and vegetables

Your baby is sweet enough!

They don't need juice or other sugary drinks

Eat Well

Here are some conversation starters for the birth-9 month brochure:

- When did your child start practicing with a spoon?
- How does your child show you they're hungry?
- What is your child's favorite vegetable?

UNTIL 6 MONTHS

When your baby is ready:

- ✓ Tummy time under your watchful eyes helps them grow stronger
- ✓ Story time in your voice helps them learn

AROUND 6 MONTHS

Play time helps your baby learn!

- ✓ Create a space where your baby can play with you
- ✓ Take a break from the seat. Let your baby show you how they are ready to move

Habits form quickly at this age!

Keep sleeping areas and play time free from screens



Play Together

- To make tummy time more fun, do you ever lie down with your baby face down on your tummy?
- What do you remember about stories you heard when you were little? What stories might you tell to your child?
- If you have a swing or seat that your child sits in, how often do they sit in it? Can you think of times they might get out and move on their own?

UNTIL 6 WEEKS

Sleep patterns may **vary** each day

AROUND 6 WEEKS

Sleep may happen more at night

AROUND 3 MONTHS

Sleep may happen mostly at night

6 TO 9 MONTHS

- ✓ Your baby needs 12-16 hours of sleep each day
- ✓ Start to use **calming activities** at bedtime

A baby's sleep can change a lot. Let them wake up on their own!

Your baby sleeps safest on their back!

Place them on their back for all naps and at night time



Sleep More

- How does your child sleep? Do they usually go to bed and take naps at the same time, or do sleep and nap time vary?
- What are some ways you calm your child before they fall asleep? Do they sleep with a pacifier?
- Think about whether your schedule ever causes you to wake your child up to feed them?
- What is the room like around your child, for naps and at night?



9 MONTHS TO 1 YEAR

In addition to breastmilk or formula, include solid foods each day

Introduce new textures:

- ✓ Mashed and strained foods
- ✓ Lumpy foods
- ✓ Soft finger-foods (bite-sized)

Avoid foods that can cause choking: hotdogs, nuts or seeds, raw vegetables, or fruit chunks



1 TO 3 YEARS

At meal time...

- ✓ **Keep it simple.** Offer choices from the family meal
- ✓ Include fruits, vegetables & iron-rich foods (beans, eggs, and lean meats)
- ✓ Use plain whole milk until age 2, then switch to low-fat milk

Your child is sweet enough!

Try to limit juice (even 100%) to half a cup each day

Eat Well

Here are some conversation starters for the 9 month – 3 year brochure:

- How do you feel about trying new foods?
- What are some of your child's favorite foods to eat?
- Which meals can you eat together as a family?
- Think about how long your child sits at the table, and how to keep meal times special.

Play Together

- How does your child like to move?
- Can you think of any games that your child likes to play, inside or out?
- What are your child's favorite things that they enjoy? What surprises you about the things they enjoy?
- Do you video chat with a loved one? That is a great way to stay in touch, but otherwise keep screens off until your child is at least 2 years old.

Sleep More

- What calms your child down at bedtime?
- Can you think of a favorite song they like?
- At bath time, how does your child feel about being in the water? Do they have a favorite bath toy?
- Does your child nap during the day? Are they on a nap schedule?

9 MONTHS TO 1 YEAR

- ✓ Join your child in play and learn from each other
- ✓ **Let your child move** outside of the stroller and high chair

1 TO 3 YEARS

- ✓ **Turn off screens until age 2**, then limit to less than 1 hour each day
- ✓ Play can be both indoors and outdoors



Habits form quickly at this age!

Keep sleeping areas and play time free from screens

9 MONTHS TO 1 YEAR

- ✓ Your child needs **12-16 hours** of sleep each day, including naps
- ✓ Place your child on their back for all naps and at bed time
- ✓ Children should start to learn to fall asleep on their own



1 TO 3 YEARS

- ✓ Your child needs **11-14 hours** of sleep each day, including naps
- ✓ **Bedtime can be hard.** Make sure your child knows you are there, and remind them that it is time for sleep

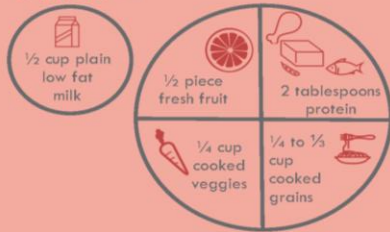
Calming routines are very helpful for your child!

Try to start one for both bedtime and naptime

Here are some conversation starters for the 3-5 year brochure

SMALL MEALS FOR SMALL HANDS

1 meal =



- ✓ Start with breakfast every day
- ✓ **Snack smart.** Choose fruits & vegetables as often as you can
- ✓ Eat the same foods together as a family as often as you can



Your child is sweet enough!

They don't need soda or other sugary drinks

Practice new moves:

- ★ Hopping & standing on one foot
- ★ Going up & down stairs
- ★ Kicking & catching a ball
- ★ Skipping & swinging



- ✓ **Fit in play throughout the day.** Make daily tasks like grocery shopping active and fun
- ✓ **Limit screen time to 1 hour each day** (TV, computer, tablet, smartphone, and video games)
- ✓ Be a role model by turning off screens when you are together

Habits form quickly at this age!

Aim for at least 60 minutes of active play each day

Get ready for bed by:

- ★ Reading books
- ★ Telling stories
- ★ Listening to soft music
- ★ Giving a warm bath

Using screens before bed can make it harder to settle down

- ✓ Your child needs **10-13 hours** of sleep each day, including naps
- ✓ Make sleeping areas slightly cool, quiet, and free of screens



Routines are helpful for your child!

Make bedtime and wake-up time the same 7 days a week

Eat Well

Play Together

Sleep More

- What is your child's favorite meal: breakfast, lunch, or dinner?
- Do they have a favorite food?
- What do you think of as good snacks to pack for your child?
- Are you able to enjoy meals together often?
- Do you have small plates and cups for your child to use, so that bigger portions don't get wasted?

- What new moves is your child showing you they can do?
- What kinds of decisions do you make about where and when your child watches TV and uses other screens?
- What kinds of TV shows or apps does your child watch, and how might you share this time with them?

- Do you have ideas for a child who is afraid of the dark?
- Can you talk about what your child does before bedtime? Using screens or playing with an app before bed might make falling asleep more difficult.