**Recommendations to support your child's health**

**Nutrition**
- Offer your child a variety of meats, fish, eggs, fruits, yogurt, and cereals.
- Offer water, limit juice to no more than 1/2 a cup a day.
- Offer 2 cups of milk a day.
- Offer small amounts of food at each meal (Let them ask for more).
- Let your child decide how much food to eat from healthy choices.
- Plan meals and snacks 2 1/2 to 3 hours apart and limit snacking in between.
- Keep offering new and healthy food options to your child as many as 10 times (Just because they don't like a certain food doesn't mean that they won't like it cooked another way).

**Physical Activity**
- Toddlers should get at least 3 hours of exercise every day.
- No screen time for toddlers under two years old.
- Less than 1 hour of screen time a day after two years old.
- Try taking the stairs or standing up during commercial breaks.

**Behaviors**
- Do not force your child to eat!
- Eat meals together at the table.
- Limit TV and other distractions.
- Give new foods one at a time, next to 2 other foods they like.
- Let your child be messy and explore food.
- Set a good example by eating different types of foods.
Bedtime

- Aim for 10-13 hours of sleep a day, including naps.
- Try having your child go to sleep at the same time every night, this helps them fall asleep faster and stay asleep longer.
- Engage in relaxing activities before bedtime.
- Read a book together - reading is good for brains and strengthens parent-child bonds.

RESOURCES FOR CAREGIVERS

The Supplemental Nutrition Assistance Program (SNAP)
- This program helps low-income Pennsylvanians buy food.

- How do I apply?
  - Online at: https://www.compass.state.pa.us/compass/web/Public/CMPHome
  - In person at your county assistance office

  Allegheny County Assistance Office Headquarters
  Piatt Place 301 5th Avenue, Suite 470
  Pittsburgh, PA 15222
  Phone: 412-565-2146
  Office Hours: 7:30 AM to 5 PM

The Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- This program provides nutrition services, breastfeeding support, health care and social service referrals and healthy foods to eligible participants.

- How do I apply?
  - Contact your local WIC office

  Allegheny County Health Department WIC Program
  Investment Building, 6th Floor
  239 Fourth Ave. Pittsburgh, PA 15222
  www.achd.net/wic
  Phone: 412-350-5801

Children's Primary Care Center Care Coordinator: Carlene DeBee
- The care coordinator at the primary care center is able to connect patients with appropriate health care providers social services and programs.

  Oakland Medical Building
  3420 Fifth Avenue
  Pittsburgh, PA 15213
  Phone: 412-692-8419

Family Care Connections
- This program provides services to assist you in your growing role as a parent. They offer medical and social programs for families with children 5 years old and younger.

  - Get more information about this program online at:
    https://www.chp.edu/locations/family-care-connections

Genesis of Pittsburgh, Inc.
- The center offers free distribution of baby clothing and items including bassinets, cribs, car seats, diapers, and even baby formula.

  141 North Fremont Avenue,
  Pittsburgh, PA 15202
  Phone: 412-766-4934
# Healthy and Affordable Food Options for Your Family

## Vegetables
- Broccoli
- Onions
- Carrots
- Green Cabbage
- Butternut Squash
- Bagged Spinach
- Canned Tomatoes
- Russet Potatoes
- Sweet Potatoes

### Portion Sizes
- **Most Vegetables:** About the size of a baseball
- **Potatoes:** About the size of a computer mouse

## Fruits
- Bananas
- Oranges
- Frozen Berries
- Apples
- Cantaloupe
- Kiwi
- Pineapple
- Grapes
- Watermelon
- Pears

### Portion Sizes
- **Oranges or Apples:** About the size of your fist
- **All Other Fresh, Frozen, or Canned Fruits:** The size of half of a baseball

## Grains & Legumes
- Wheat Pita Bread
- Brown Rice
- Quinoa
- Oatmeal
- Canned Beans
- Dried Lentils
- Frozen Edamame
- Popcorn

### Portion Sizes
- **Bread:** About the size of a DVD cover
- **Legumes:** Size of a computer mouse
- **Oatmeal or Rice:** About the size of half of a baseball

## Meat & Dairy
- Milk
- Store-Brand Eggs
- Nonfat Greek Yogurt
- Cottage Cheese
- Canned Fish
- Chicken Breast
- Pork

### Portion Sizes
- **Fish:** About the size of a smartphone
- **Chicken or Pork:** The size of a deck of cards
- **Milk:** About the size of a baseball
- **Cheese:** About the size of a pack of matches

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Poster: Standardizing the Discussion Around Nutrition and Healthy Behaviors in a Pediatric Primary Care Clinic
LEARN HOW TO PREPARE HEALTHIER MEALS

EATING WELL

• This site publishes healthy recipes on a budget and healthy cooking how-to guides.

Access healthy budget dinner recipes at:

TASTE OF HOME

• This site provides popular, healthy recipes on a budget that still tastes good.

Access recipes for cheap, healthy meals that you will want to make all of the time at:

COOKING LIGHT

• This site provides nutritious recipes for cooking on a budget and feeding families, featuring cost-effective ingredients.

Access recipes that can feed 4 for $10 at:

COOK FOR LIFE

• This site was originally created for families impacted by cancer; however, is a great resource for any family looking for healthy and affordable recipes.

Access recipes to help stretch your dollar at:

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HOW TO READ FOOD LABELS

1. Serving Information:
   Shows the amount people usually eat or drink, not how much you should eat or drink.
   
   SAMPLE LABEL: A serving of lasagna is 1 cup. If you eat 2 cups, you would be eating 2 servings. That is 2 times the calories and nutrients shown on the label.

2. Calories:
   Measures how much energy you get from eating a serving of the food. Suggested caloric intake is 2,000 calories per day. Eating too many calories a day can lead to obesity.
   
   SAMPLE LABEL: 280 calories are in a serving of lasagna. If you ate the entire package, you would be eating 4 servings, or 1,120 calories.

3. Nutrients:
   Nutrients to get LESS of:
   Saturated Fat, Sodium, and Added Sugars.
   • These are related to health issues, such as heart problems and high blood pressure
   • Added Sugars are sugars that are added to foods, sweeteners, sugars from syrups and honey.

4. The Percent Daily Value (%DV):
   Shows how much of each nutrient per serving is a part of the total daily amount suggested. Less than 5% DV is considered low whereas 20% DV or more of a nutrient is high. Choose foods that are higher in %DV for Dietary Fiber, Vitamin D, Calcium, Iron, and Potassium and lower in %DV for Saturated Fat, Sodium, and Added Sugars.

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RESOURCES

CHILDREN’S PRIMARY CARE CENTER COORDINATOR: CARLENE DEBEE

- The care coordinator at the primary care center is able to connect patients with appropriate health care providers social services and programs.
- Contact:
  - Oakland Medical Building
  - 3420 Fifth Avenue
  - Pittsburgh, PA 15213
  - Phone: 412-692-8419

THE SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM- SNAP

- This program helps low-income Pennsylvanians buy food
- How do I apply?
  - In person at your county assistance office.
  - Online at:

THE SPECIAL SUPPLEMENTAL NUTRITION PROGRAM FOR WOMEN, INFANTS AND CHILDREN- WIC

- This program provides nutrition services, breastfeeding support, health care and social services referrals and healthy foods to eligible participants.
- How do I apply?
  - Contact your local WIC office
  - Online at:

JUST HARVEST

- This organization helps individuals find services to help keep food on the table for their families.
- What do they help with?
  - Applying for food stamps
  - Navigating the welfare system
  - Preparing your taxes
  - Accessing fresh food from farmers markets

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### Improve Picky Eating

**Start Small**
- Give them a small amount of the new food
- Offer one new food at a time
- Offer the new food with another food they already like
- Encourage your child try one bite
- Slowly give them more of the new food

**Make Eating FUN!**
- Keep meals happy and positive
- Explore foods - talk about the color, shape, texture, and smell
- Play games with food - touch foods to face and mouth
- Show them pictures of food in books and games
- Use cookie cutters to cut foods into fun shapes

**Let Your Child Help Make Meals**
- Ask your child to pick out fruits and vegetables at the store
- Let your child help stir foods, wash vegetables, hand you foods, or other small "jobs"

### Better Bedtime Habits

**Keep a Routine**
- Have your child take naps and go to sleep at the same time each day
- Do the same things each night so that your child knows it is time for bed
- Start this routine 20 minutes before bedtime

**Relax Before Bedtime**
- Choose a relaxing activity to do before bedtime to wind down
  - Take a bath
  - Read a book
  - Listen to calming, quiet music
  - Sing lullabies

**Keep Screens Away**
- Turn off all electronics one hour before bedtime
- Keep the TV, phone, computer, and other electronics out of the bedroom

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Increase Physical Activity

Make Physical Activity FUN!
- Choose fun and age-appropriate activities
- Play with your child
- Keep the activity positive
- Let your child choose the activity

Let Your Child Explore
- Give your child different types of toys that encourage physical activity (balls, kites, and jump ropes)
- Try many types of games, activities, and sports to see what your child likes to do
- Explore activities in different locations (inside, outside, in the water, at the park)

Easy Ways to Keep Your Child Moving
- Dance to music
- Follow-the-leader
- Ring-around-the-rosy
- Take a walk outside
- Play on the playground
- Freeze tag
- Skip around the room
- Animal walks from room to room

Make Small Changes
- Take a walk together after dinner
- Take stairs, walk to the store, and/or park in a far-away parking spot
- Set a timer to go off every hour and do something active
- Stand up during activities at the table (such as coloring or doing a puzzle)

Reduce Screen Time

Set Time Limits
- Limit screen time to 1 hour per day
- Be a good role model - limit your own screen time
- Keep track of time spent using electronics each day
- Keep track of active time, and reward your child for doing other activities

Give Other Ideas
- Try a new hobby, game, or sport
- Play outside
- Create a space for arts and crafts

Be Active During Screen Time
- Practice yoga poses or stretch while watching TV
- Turn off the TV and have a dance contest
- Create commercial break challenges for the family, such as “Who Can”:
  - Do the most jumping jacks
  - Run in place the longest
  - Stand on one leg the longest

Screen time includes all activities done in front of a screen (watching TV, playing video games, or using tablet, smartphone, or computer)

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