



# 3-3½ YEARS

My name is \_\_\_\_\_

I weigh \_\_\_\_\_ and I am \_\_\_\_\_ inches tall.

A special note for me:

\_\_\_\_\_

\_\_\_\_\_

## I AM A PRESCHOOLER.

I love to learn!

### THINK BEYOND A SINGLE MEAL. KEEP IN MIND WHAT YOUR CHILD EATS OVER TIME.

Meals and healthy snacks give children several chances every day to eat a variety of foods. If your child eats only a little or nothing at one meal, don't worry. He'll make up for it with other meals and snacks to get what he needs for good health over time.

### REWARD WITH ATTENTION, NOT FOOD

Show your love with hugs and kisses. Comfort with hugs and talks. Choose not to offer sweets as rewards.

It lets your child think sweets or dessert foods are better than other foods. When meals are not eaten, kids do not need "extras"—such as candy or cookies—as replacement foods.



### AGE THREE MARKS AN EXCITING TIME FOR YOUR CHILD

- I am full of energy and very enthusiastic about living.
- I can eat with a fork and spoon.
- I like to run, jump, and play catch. Take time to play with me.
- I can use simple sentences and make my needs known.
- I have good balance. I can stand on one foot for a few seconds or carry a drink without spilling it.
- I ask *why* a lot. Be patient and take the time to answer my questions.



### HEALTH AND SAFETY TIPS

- Take me to the doctor for my checkup.
- Help me brush my teeth 2 times a day. Floss them once a day. I am ready for toothpaste if I can spit it out. Use a pea size amount on the brush.
- Keep me away from cigarette and other tobacco smoke, matches, and lighters.
- Put sunscreen on me when I play in the sun.
- Buckle me into a child safety seat before I ride in a car.

FOOD GROUP	DAILY SERVING AMOUNT	HELP WITH SERVINGS
GRAINS	4 ounces	• One ounce = 1 slice bread, ½ bagel, ½ cup cooked cereal, pasta, or rice, 1 cup dry cereal
VEGETABLES	1½ cups	• 1 cup raw, canned or cooked
FRUITS	1½ cups	• 1 cup raw or canned, 1 cup juice, ½ cup dried, 1 banana
MILK & MILK PRODUCTS	2 cups	• ½ cup low-fat milk or yogurt • ½ to 1 ounce cheese or ½ to 1 slice cheese
MEAT & BEANS	3 ounces	• 2 One ounce = 1 ounce meat, poultry or fish, 1 egg, ¼ cup cooked beans, 1 tablespoon peanut butter

### MEAL IDEAS

#### BREAKFAST

- Pancakes
- Orange slices
- Low-fat milk

#### MORNING SNACK

- Peanut butter on whole grain toast

#### LUNCH

- Grilled cheese sandwich
- Tomato slices
- WIC juice

#### AFTERNOON SNACK

- WIC cereal
- Low-fat milk

#### DINNER

- Spaghetti with meatballs
- Lettuce and tomato
- Green beans
- Whole grain bread
- Low-fat milk
- Banana pudding







# 3-3½ ANE

Non mwen se \_\_\_\_\_

Mwen peze \_\_\_\_\_ epi mwen mezire \_\_\_\_\_ pous wotè.

Yon nòt espesyal pou mwen:

\_\_\_\_\_

\_\_\_\_\_

## MWEN NAN MATÈNÈL.

Mwen renmen aprann!

### PASE PI LWEN PASE YON SÈL REPA. PANSE AK SA TIMOUN OU AN MANJE SOU YON PERYÒD TAN.

Repa ak kolasyon ki sen bay timoun plizyè chans chak jou pou yo manje yon varyete manje. Si timoun ou an manje sèlman yon tikal ouyen anyen nan yon repa, pa enkyete w. Li pral ekilibre l ak lòt repa ak kolasyon pou l ka jwenn sa li bezwen pou bon sante pandan yon peryòd tan.

### REKONPANSE AK ATANSYON, PA AK MANJE.

Montre lanmou lè w anbrase ak bay bizou. Rekonfòte ak anbrasad ak pawòl. Chwazi pa ofri sikreri kòm rekonpans.

Li fè timoun ou an pansè sikreri oubyen manje desè pi bon pase lòt manje. Lè manje pa konsome, timoun pa bezwen bagay "adisyonèl" – tankou sirèt oubyen bonbon – kòm manje ranplasman.



### LAJ TWA ANE MAKE YON MOMAN EKSITAN POU TIMOUN OU AN

- Mwen plen ak enèji epi mwen eksite anpil konsènan lavi.
- Mwen ka manje ak yon fouchèt epi yon kiyè.
- Mwen kouri, vòltije, ak jwe lanse. Pran tan pou w jwe ak mwen.
- Mwen ka itilize fraz ki senp epi fè w konnen kisa m bezwen.
- Mwen gen yon bon balans. Mwen ka kanpe sou yon pye pou kèk segonn oubyen pote yon bwason san m pa ranvèse l.
- Mwen mande poukisa anpil. Rete pasyan epi pran tan pou reponn kesyon mwen yo.

GWROUP MANJE	KANTITE PÒSYON PA JOU	ÈD AK PÒSYON
GRENN	4 ons	• Yon ons = 1 tranch pen, ½ bagèl ½ gode sereyal kwit, pat alimantè, oubyen diri, 1 gode sereyal sèk
LEGIM	1½ gode	• 1 gode kri, ankonsèy oubyen kwit
FWI	1½ gode	• 1 gode kri oubyen ankonsèy, 1 gode ji ½ gode seche, 1 bannann
LÈT AK PWODWI LETYE	2 gode	• ½ gode lèt antye oubyen yogout • ½ a 1 tranch fwomaj oubyen ½ a 1 tranch fwomaj
VYANN & PWA	3 ons	• 2 yon ons = 1 ons vyann, poul oubyen pwason, 1 ze, ¼ gode pwa kwit, 1 kiyè a soup manba

### KONSÈY SANTE AK SEKIRITE

- Mennen m kay doktè pou ekzamen fizik mwen an.
- Ede m bwose bouch mwen 2 fwa pa jou. Pase fil dantè nan yo yon fwa pa jou. Mwen prè pou pat dantifris si mwen ka krache l deyò. Itilize yon kantite nan fòs gwosè yon ti pwa sou bwòs lan.
- Pa kite m bò sigarèt ak lòt lafimen tabak, alimèt, ak brikè.
- Mete krèm solèy sou mwen lè m ap jwe nan solèy la.
- Pase senti sekirite nan yon chèz timoun nan machin anvan nou kondwi yon machin ak mwen.

### IDE REPA

#### TIDEJENE

- Krèp
- Tranch zoranj
- Lèt ki gen grès ki ba

#### KOLASYON NAN MATEN

- Manba sou pen griye a grenn antye

#### DEJENE

- Sandwich fwomaj griye
- Tranch tomat
- Ji WIC

#### KOLASYON APREMIDI

- Sereyal WIC
- Lèt ki gen grès ki ba

#### DINE

- Espagoti ak boulèt
- Leti ak tomat
- Pwa vèt
- Pen ak grenn antye
- Lèt ki gen grès ki ba
- Poudin bannann

