



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

