A photograph of the Golden Gate Bridge at night, with the bridge's towers and suspension cables silhouetted against a dark blue, misty sky. The bridge spans across a body of water, and the overall scene is dimly lit, creating a serene and atmospheric mood.

# **WELL-CHILD VISITS: A FAMILY OBESITY PREVENTION OPPORTUNITY**

Gina French, MD

A photograph of the Golden Gate Bridge at night, with the bridge's towers and suspension cables silhouetted against a dark blue sky. The bridge spans across the water, and the lights of the city are visible in the distance.

# DISCLOSURE TIME

- ◆ Funded by
  - ◆ NICHD : 1 R21 HD050944-01
  - ◆ The Research Institute at Nationwide Children's Hospital
  - ◆ Hawaii State Dept of Health Healthy Hawaii Initiative

I have no other relevant financial relationships to disclose or conflicts of interest to resolve.

The background of the slide is a photograph of the Golden Gate Bridge at night. The bridge's towers and suspension cables are silhouetted against a dark blue, misty sky. The water below is dark and reflects the bridge's structure. The overall mood is somber and atmospheric.

# THE PROBLEM

- ◆ More kids are obese
- ◆ It isn't good for them now or later.
- ◆ More common for African-American and Hispanic and Pacific Islander children
- ◆ Losing weight is really, really hard even for children.





# PREVENTION IS OUR HOPE

- ◆ We don't really know how to do that.
- ◆ Handily, it is what pediatricians do.



# BACKING UP A FEW STEPS

- ◆ Mutable causes of obesity?
- ◆ What about lean families?
- ◆ Parental effects on childhood obesity

# MUTABLE CAUSES OF OBESITY?

- ◆ Extra calories
- ◆ Extra snacks
- ◆ Eating out
- ◆ Decreased milk, increased pop by 67%
- ◆ 28-39% of calories in front of TV



A photograph of the Golden Gate Bridge at night, illuminated by city lights, with a dark blue sky and water. The bridge's towers and suspension cables are visible, extending from the left side of the frame towards the right.

# AND THERE ARE LEAN FAMILIES

- ◆ Mother's behaviors predict child behaviors
- ◆ Lean families
  - ◆ Eat three meals/day
  - ◆ Don't eat in front of the TV
  - ◆ Eat together



# PARENTAL EFFECTS ON CHILDHOOD OBESITY

- ◆ Maternal obesity triples risk of childhood obesity
- ◆ Mom's preferences predict children's
- ◆ Maternal habits influence children's habits





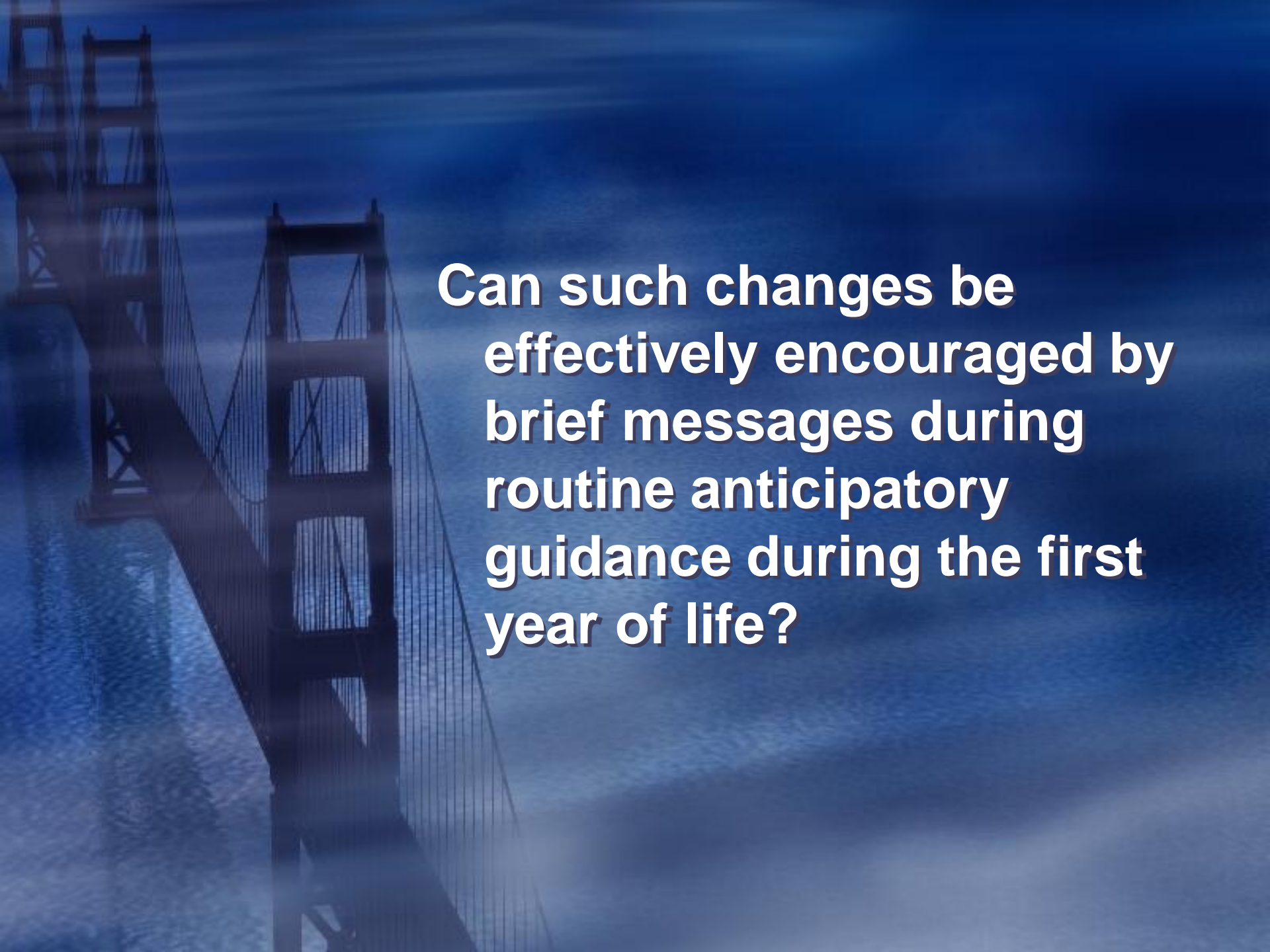
# SO THE NIH GAVE US SOME MONEY

- ◆ **Can Changing How Mom Eats Prevent Obesity in Toddlers?**
  - ◆ Gina French, MD
  - ◆ Theresa Skybo, PhD, RN
  - ◆ Pat Schwirian, PhD, RN
  - ◆ Lisa Murray-Johnson, PhD
  - ◆ Ihuoma Eneli, MD
  - ◆ Amy Sternstein, MD
  - ◆ Beth Hashiguchi, MS
  - ◆ Judith A. Groner MD



# OUR INITIAL QUESTIONS

- ◆ **Can Targeting How Mom Eats Prevent Obesity in Her Toddler?**



**Can such changes be effectively encouraged by brief messages during routine anticipatory guidance during the first year of life?**



The background of the slide is a photograph of the Golden Gate Bridge at night. The bridge's towers and suspension cables are silhouetted against a dark blue, misty sky. The water below is dark and reflects the bridge's structure. The overall mood is serene and somewhat mysterious.

# METHOD

- ◆ Comparison of three anticipatory guidance styles
  - ◆ Maternal Focused Eating (MFE)
  - ◆ Ounce of Prevention (OP, Bright Futures detailed & enhanced)
  - ◆ Bright Futures (BF, usual care condition)



## METHOD (cont)

- ◆ Randomized at the clinic level
- ◆ Intent to treat model

The background of the slide is a photograph of the Golden Gate Bridge at night, with the bridge's towers and suspension cables silhouetted against a dark blue sky and water. The bridge spans from the left side of the frame towards the center.

# Clinical Sites

- ◆ **Pediatric Primary Care Network/Close to Home clinics**
  - ◆ 78% Medicaid
  - ◆ 13% Self pay/other
  - ◆ 9% Commercial Insurance
- ◆ Low income population: high risk for obesity



A blue-tinted photograph of the Golden Gate Bridge at night, with the bridge's towers and suspension cables visible against a dark sky and water.

# THE THREE APPROACHES

- ◆ Maternal Focused Eating (MOMS)
  - ◆ Three meals two snacks/day
  - ◆ Turn off the TV while eating
  - ◆ Eat in one place in the home
- ◆ Expanded child-centered (OUNCE)
  - ◆ Specific discussion of portion sizes
  - ◆ Specific instruction on order of food introduction
- ◆ Usual practice (BRIGHT)
  - ◆ Bright Futures

The background of the slide is a photograph of the Golden Gate Bridge at night. The bridge's towers and suspension cables are silhouetted against a dark blue, misty sky. The water below is dark and reflects the bridge's structure. The overall mood is serene and professional.

# INTERVENTION IMPLEMENTATION

- ◆ Training X 2
- ◆ AG delivered at WC visits under one year
- ◆ Insertion of messages on well child forms
- ◆ Provision of handout materials

# Well Child Checklist

## Anticipatory Guidance:

- Get down on floor/check for hazards at baby's eye level
- Use infant car seat—backwards until one year of age
- Keep toys with small parts or other objects-balloons, plastic bags, out of reach
- Hot water heater less than 120 degrees
- No smoking around baby. Use smoke detectors
- Do not leave heavy objects, hot liquids near edge
- Place plastic plugs in sockets, avoid dangling cords
- Never leave alone in water/ water pools, buckets
- Keep poisonous substances, medicines, cleaning supplies, away in high latched cabinets. Latches on cabinets

## Definition of Normal Physical Examination

1. **General**  
-alert, well developed, well nourished, well- groomed
2. **Skin**- smooth, no acne, rashes, significant scars
3. **HEENT**
  - Head** -normocephalic
  - Neck** -no masses
  - Eyes** -no injection/abrasion, red reflect present, no strabismus, nl cover test
  
  - Ears** -nl external canals; tympanic membranes Clear with good mobility
  - Mouth** -palate intact no abnormalities
  
  - Nose** -nl nasal mucosa, nares seem patent
  - Throat** -tonsils uninflamed, no stridor

## Message Delivery: Dr NP/CNS RN MA/LPN Resident OA

- Mom food: Eat 3 meals/2 healthy snacks/ day, eat 5-7 servings of fruits/vegetables, drink 16-24oz milk, drink water, avoid fast food, meal skipping
- Create a structure for eating: eat in 1 place, turn off TV, plan meals, eat together, teach baby good nutrition
- Have Poison Center Number
- Install gates on stairs, Lower crib mattress
- Avoid Exposure to the sun

4. **Lungs**- no retractions, no rales or wheezes
5. **Cardiovascular**  
-no thrills, no murmur, gallop or dysrhythmia; nl HR; nl femoral pulses, no lag
6. **Abdomen**-  
-no hepatosplenomegaly, no tenderness or mass
7. **Genital /Anus** –  
NI Male: no lesions, no D/C, masses, testes in scrotum w/o hernia; anus nl position w/o abnormality  
NI Female: no lesions, no D/C, hymen margins w/o posterior defect, vaginal opening nl: anus nl position w/o abnormality
8. **Extremities**- hips without click, leg creases symmetrical, full range of motion at all joints
9. **Back**- no scoliosis, defect over spine
10. **Neurologic**- tone normal and movements

Guidance offered:  
Feeding: continue breast milk or formula w/ iron; Vit D if breastfeeding; begin baby food w/vegetables; extrusion reflex  
Add new food q3-4 days; offer new foods > 10 times  
Portion size -2T twice/day, cereal 2 – 4 twice/ day  
Start 100% juice in a cup max 3 oz/day





**HEALTHY MOMS**

*Healthy Kids*

**6 months**

## Be a Role Model. Eat Healthy Everyday!

You are your baby's best role model. Your baby watches everything you eat and drink. Be a healthy mom by making nutritious food choices and offering them to your baby. Eat 3 meals and 2 healthy snacks a day, and include fruits and vegetables with your meals/snacks. Drink plenty of water or drink milk, and limit soft drinks or sweetened beverages. Make mealtimes special by teaching your child today how to eat well and live well! Eat together with members of your household, and turn off the TV when eating.

Follow these simple tips for making mealtimes special!

- Pay attention to what you eat for meals/snacks
- Plan and eat 3 meals and 2 healthy snacks a day
- Eat fruits and vegetables with meals/snacks (5 to 7 per day)
- Don't skip meals and avoid eating fast food
- If you drink milk, drink 16-24 oz. per day
- Drink plenty of water and limit soft drinks
- Eat meals/snacks in one place with members of your household
- Turn off the TV when eating



Parent Notes for Child Wellness Visit: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Child's Name \_\_\_\_\_

Height \_\_\_\_\_ Weight \_\_\_\_\_ Date \_\_\_\_\_

A collaboration of Children's Hospital  
Columbus Children's Research Institute,  
and The Ohio State University



A photograph of the Golden Gate Bridge at night, with the bridge's towers and suspension cables silhouetted against a dark blue sky. The bridge spans across a body of water, and the overall scene is dimly lit, creating a serene and atmospheric setting.

# *MOMS*

- ◆ 6 month Guidance offered:
- ◆ Mom food: Eat 3 meals/2 healthy snacks/ day, eat 5-7 servings of fruits/ vegetables, drink 16-24oz water, drink milk, avoid fast food, meal skipping
- ◆ Create a structure for eating: eat in 1 place, turn off TV, plan meals, eat together, teach baby good nutrition

# *OUNCE*

- ◆ Guidance offered:
- ◆ Feeding: continue breast milk or formula w/ iron; Vit D if breastfeeding; begin baby food w/vegetables; extrusion reflex
- ◆ Add new food q3-4 days; offer new foods > 10 times
- ◆ Portion size -2T twice/day, cereal 2 – 4 twice/ day
- ◆ Start 100% juice in a cup max 3 oz/day



The background of the slide is a photograph of the Golden Gate Bridge at night, illuminated with blue lights. The bridge's towers and suspension cables are visible against a dark sky.

# *BRIGHT*

- ◆ Guidance offered:
  - Feeding: breastfeeding
  - ◆ vitamin D, Fe formula,
  - ◆ Self- feed, Holding a cup,
- ◆ Offer soft table foods,
  - ◆ watch for allergies,
  - ◆ choking, no honey,
  - ◆ no bottle in bed with baby

The background of the slide is a dark, blue-tinted photograph of the Golden Gate Bridge at night. The bridge's towers and suspension cables are visible, extending from the left side of the frame towards the center. The water below is dark and reflects some light. The overall mood is somber and professional.

# THE SUBJECTS

- ◆ 300 mother infant dyads
- ◆ Here for well child care between 2 weeks and 2 months of age
- ◆ High risk for obesity
- ◆ Exclusions
  - ◆ <38 weeks gestation
  - ◆ Significant health problem for infant
  - ◆ Non English speaking
  - ◆ Foster care



# **OUTCOMES MEASURED AT 6, 12 AND 15-18 MONTHS.**

- ◆ Heights and weights of children
- ◆ Survey of maternal eating and child feeding behaviors
- ◆ Measures of whether interventions were carried out



# DEMOGRAPHICS

	MOMS	OUNCE	BRIGHT	Total
Mom's Age	23.49	23.25	23.89	23.55
Mom's BMI	29.17	28.09	27.55	28.24
<i>Mom's Education</i>				
< High School	36%	34%‡	19%**	29%
High School Diploma	41%	34%†	48%	41%
Some College or more	24%	33%	33%	30%
<i>Mom's Marital Status</i>				
Single	27%	52%**	49%**	43%
Cohabiting	39%	24%*	30%	31%
Married	31%	19%	18%*	23%
Widow	4%	2%	1%	2%

# DEMOGRAPHICS

	MOMS	OUNCE	BRIGHT	Total
<i>Mom's Race</i>				
<b>Black</b>	<b>20%</b>	<b>74%**</b>	<b>61%**</b>	<b>52%</b>
<b>White</b>	<b>66%</b>	<b>21%**</b>	<b>24%**</b>	<b>37%</b>
<b>Other</b>	<b>14%</b>	<b>5%‡</b>	<b>15%</b>	<b>11%</b>
<b>WIC Recipient</b>	<b>91%</b>	<b>96%</b>	<b>93%</b>	<b>93%</b>
<b>Food Stamps</b>	<b>53%</b>	<b>68%*</b>	<b>60%</b>	<b>60%</b>
<b>Private Insurance</b>	<b>11%</b>	<b>7%</b>	<b>18%</b>	<b>12%</b>

Note: All comparisons use Tukey's HSD; \*\*p<.05 compared to MOMS ; ‡ p<.05 compared to Bright Futures

\*p<.10 compared to MOMS; † p<.10 compared to Bright Futures

# BASELINE RISK

- ◆ 62% of the mothers overweight or obese
- ◆ 53% family hx of DM or heart dz
- ◆ 49% skip breakfast
- ◆ 49% eat while watching tv
- ◆ 80% eat fast food every week
- ◆ 79% drink two or more cans of soda/day



# 6 MONTH RESULTS

	MOMS	OUNCE	BRIGHT
<b>Child Juice (oz)</b>	<b>3.31</b>	<b>2.63‡</b>	<b>3.84</b>
<b>Cereal in bottle</b>	<b>1.00</b>	<b>1.86*</b>	<b>2.59**</b>
<b>Bottle in bed</b>	<b>1.00</b>	<b>.85</b>	<b>1.26</b>
<b>Microwave bottle</b>	<b>1.00</b>	<b>.79</b>	<b>1.00</b>
<b>Mom breakfasts/week</b>	<b>6.24</b>	<b>5.94</b>	<b>5.17*</b>
<b>Mom meals w/family /day</b>	<b>0.91</b>	<b>.73</b>	<b>0.68**</b>
<b>Main meal in kitchen</b>	<b>1.00</b>	<b>.59</b>	<b>.46*</b>
<b>TV on &gt; 8 hours/day</b>	<b>1.00</b>	<b>1.24</b>	<b>1.23</b>
Note: All models control for mom's marital status, BMI, education, race, and age; **p<.05 compared to MOMS ; ‡ p<.05 compared to Bright Futures *p<.10 compared to MOMS;			

# 12 MONTH DIFFERENCES

	MOMS	OUNCE	BRIGHT
<b>Child juice (oz)</b>	<b>14.95</b>	<b>15.86<sup>†</sup></b>	<b>20.90**</b>
Juice from cup (v bottle)	1.00	.60	0.91
<b>Servings fruit/day</b>	<b>1.41</b>	<b>1.27</b>	<b>1.06**</b>
Servings Vegetables/day	1.22	1.05	0.97
Child milk (oz)	24.26	21.65	22.81
Mother breakfast/week	7.61	7.42	7.03
<b>Mom meals with family/day</b>	<b>1.69</b>	<b>2.01‡</b>	<b>1.50</b>
Main meal in kitchen	1.00	1.66	1.41
TV on 8+ hours per day	1.00	1.71	1.47
Child <2 hrs of TV per day	1.00	1.12 <sup>†</sup>	.44*

Note: All models control for mom's marital status, BMI, education, race, and age;

\*\*p<.05 compared to MOMS ; ‡ p<.05 compared to Bright Futures

\*p<.10 compared to MOMS; † p<.10 compared to Bright Futures

A photograph of the Golden Gate Bridge at night, illuminated by city lights, with a dark blue sky and water in the background. The bridge's towers and suspension cables are visible, extending from the left side of the frame towards the center.

# *Limitations*

- ◆ Single city
- ◆ Intergroup demographic differences



The background of the slide is a photograph of the Golden Gate Bridge at night. The bridge's towers and suspension cables are silhouetted against a dark blue, slightly hazy sky. The water below is dark and reflects some of the bridge's structure. The overall mood is serene and professional.

# CONCLUSIONS

- ◆ MFE associated with maternal eating and child feeding improvements in this urban sample families at high risk for child obesity.
- ◆ This intervention is inexpensive and easily replicable.
- ◆ It may be worth doing.



# IN THE MIDDLE I MOVED HERE

- ◆ Dr. Iwaishi had obtained a contract from DOH-HHI for physician training in prevention of obesity in preschoolers
- ◆ We attempted to apply what worked in the MOMS program

A blue-tinted photograph of the Golden Gate Bridge, showing the suspension towers and cables over the water. The text is overlaid on the right side of the image.

AND AFTER OVER A YEAR OF  
WRITING BY COMMITTEE





## HEALTHY EATING BUILDS STRONG FAMILIES

### 12 MONTHS: Find Ways to Love the Foods that Love You!

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat together in one place in your home
- Plan your meals. Don't skip meals
- Eat fruits and vegetables
- Drink 2 or 3 cups of milk each day
- Stay away from fast food and soda

#### DOCTOR'S TIPS FOR FEEDING YOUR BABY

- You decide what to serve
- Let your baby decide how much to eat
- Time to throw away the bottle
- Save your baby from choking! NO hot dogs, nuts, grapes, popcorn or gum

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_





# SOME SUGGESTIONS ABOUT USING THEM

- ◆ Avoid nagging if you can
- ◆ Join and lead
- ◆ Limit your suggestions to a couple



# NAGGING

You'll do anything to get away from it.



A photograph of the Golden Gate Bridge at night, illuminated by city lights, with a dark blue sky and water. The bridge's towers and suspension cables are visible, extending from the left side of the frame towards the center.

# HELPING PEOPLE CHANGE

- ◆ Speak to their best self
- ◆ You can't change what they don't want to change
- ◆ Small steps start by suggesting one thing add as you go

A photograph of the Golden Gate Bridge at night, illuminated with blue lights. The bridge's towers and suspension cables are visible against a dark blue sky and water.

And if you `re going to nag, go with  
what worked

- ◆ Kids do what moms do
- ◆ Eat three meals a day
- ◆ Turn off the TV while you eat
- ◆ Avoid soda and fast food





## HEALTHY EATING BUILDS STRONG FAMILIES

**2-4 WEEKS: Taking care of Baby = Taking care of YOU!**

### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Plan your meals and snacks
- Don't skip meals or eat fast food
- Eat fruits and vegetables
- Drink water not soda
- Moms: Take your vitamins to keep your bones strong

### DOCTOR'S TIPS FOR FEEDING YOUR BABY

- Breast milk is best for the baby
- Don't give your baby water or juice
- Honey is dangerous for babies

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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## HEALTHY EATING BUILDS STRONG FAMILIES

### 2 MONTHS: Taking care of Baby = Taking care of YOU!

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Eat 3 meals and 2 snacks every day
- Don't skip meals
- Eat more fruits and vegetables
- Drink water, not soda
- Turn off the TV when you eat

#### DOCTOR'S TIPS FOR FEEDING YOUR BABY

- Your baby only needs breast milk. (Use formula if you can't breastfeed)
- No water or juice for babies yet
- Honey is dangerous for babies

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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Hawaii's Department of Health







## HEALTHY EATING BUILDS STRONG FAMILIES

### 4 MONTHS: Create a Family Structure for Healthy Eating

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat together as a family
- Plan and eat 3 meals and 2 snacks a day
- Eat more fruits and vegetables
- Drink 2 or 3 cups of nonfat milk each day

#### DOCTOR'S TIPS FOR FEEDING YOUR BABY

- Your baby doesn't NEED anything but breast milk or formula
- Ask the doctor if your baby is ready for foods
- No honey for babies

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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## HEALTHY EATING BUILDS STRONG FAMILIES

**6 MONTHS:** Be a role model. Eat Healthy Every Day!

### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together as a family
- Eat fruits and vegetables with all your meals
- Don't skip meals
- Stay away from soda and fast food

### HEALTHY WAYS TO FEED YOUR BABY

- If your baby doesn't like a food, try it at another meal
- If you eat vegetables the baby will want some too!
- Mash some of your veggies up for your baby
- No water or juice for babies

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_







## HEALTHY EATING BUILDS STRONG FAMILIES

### 9 MONTHS: Teach Your Baby Healthy Habits

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together
- Keep eating those vegetables
- Plan your meals. Don't skip meals
- Avoid fast food and soda
- Drink 2 or 3 cups of nonfat milk each day

#### HEALTHY WAYS TO FEED YOUR BABY

- Your job: Serve only healthy food
- Baby's job: Decide how much to eat
- Help your baby get used to good foods  
Try them again and again
- Practice drinking with a cup
- Save your baby from choking! NO hot dogs, nuts, grapes, popcorn or gum

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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## HEALTHY EATING BUILDS STRONG FAMILIES

### 12 MONTHS: Find Ways to Love the Foods that Love You!

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat together in one place in your home
- Plan your meals. Don't skip meals
- Eat fruits and vegetables
- Drink 2 or 3 cups of nonfat milk each day
- Stay away from fast food and soda

#### DOCTOR'S TIPS FOR FEEDING YOUR BABY

- You decide what to serve
- Let your baby decide how much to eat
- Time to throw away the bottle
- Save your baby from choking! NO hot dogs, nuts, grapes, popcorn or gum

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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## HEALTHY EATING BUILDS STRONG FAMILIES

**18 MONTHS:** Be the Example You Want Your Child to See!

### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together
- Keep eating those vegetables
- Plan your meals. Don't skip meals
- Avoid fast food and soda
- Drink 2 or 3 cups of nonfat milk each day

### HINTS FOR FEEDING YOUR PICKY EATER

- Your job: Serve healthy food
- Let your child decide how much to eat
- Normal children won't let themselves starve
- Keep trying the good foods that your child doesn't like yet
- Small appetites are normal now. Make sure they fill up on healthy foods
- Say "no" to junk food

**No TV for babies under 2 years**



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

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## HEALTHY EATING BUILDS STRONG FAMILIES

### 2 YEARS: Survive the Picky Eater by Being a Good Eater

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together
- Keep eating those vegetables
- Plan your meals. Don't skip meals
- Avoid fast food and soda
- Drink 2 or 3 cups of nonfat milk each day

Limit TV to less than 2 hours a day



#### DOCTOR'S TIPS FOR FEEDING YOUR CHILD

- Your job: Serve only healthy food
- Let your child decide how much to eat
- Messy is normal
- Keep trying the good foods that your child doesn't like yet
- Small appetites are normal now. Make sure they fill up on healthy foods
- Say "no" to junk food
- Keep meal times happy times. Don't fight with your child about food

Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_

Weight: \_\_\_\_\_

Date: \_\_\_\_\_

Notes: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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## HEALTHY EATING BUILDS STRONG FAMILIES

### 3 YEARS: Welcome to the Time of *Really* Picky Eaters

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together
- Eat lots of fruits and vegetables
- Plan your meals. Don't skip meals
- Avoid fast food and soda
- Drink 2 or 3 cups of nonfat milk each day

#### DOCTOR'S TIPS FOR FEEDING YOUR CHILD

- Your job: Serve only food that is good for them
- Let your child decide how much to eat
- Keep meal times happy times. Don't fight with your child about food
- Kids like to eat food they helped make
- Say "no" to junk food

Limit TV to less than 2 hours a day



Child's Name: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_ Date: \_\_\_\_\_

Notes: \_\_\_\_\_

**START** LIVING. **HEALTHY.**  
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Hawaii's Department of Health







## HEALTHY EATING BUILDS STRONG FAMILIES

### 4 YEARS: Eating Together Makes Meals Special

#### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together
- Keep eating those vegetables
- Plan your meals. Don't skip meals
- Avoid fast food and soda
- Drink 2 or 3 cups of nonfat milk each day

#### HINTS FOR FEEDING YOUR PICKY EATER

- Your job: Serve healthy food
- Don't fight with your child about food
- Let your child decide how much to eat
- Messy is normal
- Keep trying the good foods that your child doesn't like yet
- Small appetites are normal now. Make sure they fill up on healthy foods
- Say "no" to junk food
- Keep meal times happy times

**Limit TV to less than 2 hours a day**



**Child's Name:** \_\_\_\_\_

**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Notes:** \_\_\_\_\_





## HEALTHY EATING BUILDS STRONG FAMILIES

**5 YEARS:** Now that they are out in the world, they really need your example

### DOCTOR'S TIPS FOR YOU AND YOUR FAMILY

- Turn off the TV when you eat
- Eat in one place in your home
- Eat together
- Eat fruits and vegetables with every meal
- Plan your meals. Don't skip meals
- Avoid fast food and soda
- Drink 2 or 3 cups of nonfat milk each day

### HINTS FOR FEEDING YOUR PICKY EATER

- Your job: Serve healthy food
- Let your child decide how much to eat
- Say "no" to junk food
- Kids like to help make food
- Out in the world they'll see lots of bad eating habits. You helped them learn good ones

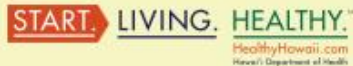
**Limit TV to less than 2 hours a day**



**Child's Name:** \_\_\_\_\_

**Height:** \_\_\_\_\_ **Weight:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Notes:** \_\_\_\_\_





A photograph of the Golden Gate Bridge at night, illuminated against a dark blue sky and water. The bridge's towers and suspension cables are visible, creating a silhouette effect.

**[HTTP://WWW.HAWAIIAAP.ORG](http://www.hawaiiAAP.org/parenthandoutsnutrition.htm)**  
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