

Healthy Habits

12-18 months



five two one
almost none

www.521almostnone.com

NUTRITION

If I am on formula, I am ready to switch to whole milk.

Whole milk or breast milk and water are the best drinks for me.

I can hold my own cup when I drink now. Put my milk in a cup.

If I do have other drinks, please limit it to 4 ounces of 100% juice a day.

I like to try many new foods, even those you don't like.

If I don't want to try a new food, stay patient with me.

ACTIVITY

I will learn to walk on my own soon. I don't like to be in a stroller too much.

Playing outdoors gives me a chance to run, climb and jump, when I am able.

Games like "Ring around the Rosie" and "London Bridge" help me learn to cooperate, take turns and move around.

SCREEN TIME

TV is not the way I learn. My best teachers are my family. I learn best when you look at me and talk to me.

Try not to expose me to TV until I am at least 2 years old. My brain is growing fast now, and I learn best interacting with people, not screens.

I do not want a TV in my bedroom. It disrupts my sleep.

If you like to watch TV, try to do this when I am asleep in another room.

When I try new foods, also put other foods I like on the table.

I like to put food in my mouth and take it out, so I can learn and explore.

Feed me healthy meals and 2 or 3 healthy snacks a day.

I like to decide when I need to eat and how much I need to eat. I will stop when I am full.

Offer me many new foods. It might take 10 tries before I will like them.

I like to do things over, and over, and over! Repeating things helps me grow new skills and feel confident.

Playing with other children helps me develop good social skills.

Let's dance to music for exercise!

I like to interact with you at mealtime and playtime :)

Please turn off the TV while we are eating, so I am not distracted.



PARENTING TIPS

You are my role model. Let me see you eating healthy and being physically active.

I need 1 to 2 naps every day. Each day I need 12 to 14 hours of sleep.

Build a team of family, friends and caregivers who help me eat healthy and be active. I like for us to have friends. Talk with other parents with toddlers my age or join a play group.

I may not like sharing my toys with others. Help me learn to share by playing games that involve taking turns.

I love to use my hands to explore new things. Playing with finger paints, play dough, opening boxes and pushing buttons helps me learn new things and have fun.

Read to me often and let me listen to songs. Words are easier to learn when they rhyme or are put to music.

CREATE & KEEP REGULAR ROUTINES

Regular Meals

Daily Physical Activity

Enough Sleep

Local & Online Resources

5-2-1 Almost None www.521almostnone.com

Smart Start Information about local parenting classes, reading programs and/or play and learn groups:

Buncombe County (828) 350-2932 <http://www.smartstart-buncombe.org/index.php/fam-programs/famplaynlearn>

Haywood County (Region A Smart Start) (828) 586-0661, <http://regionakids.org>

Henderson County (828) 693-1580, <http://www.smartstartthc.org>

Transylvania County (828) 877-3025, <http://www.smartstarttransylvania.org>

Nutrition, Activity and Parenting Tips <http://www.healthychildren.org/English/healthy-living/growing-healthy>

sixtysecondparent.com

Text4Baby.org

Triple P Parenting Programs <http://www.triplep-parenting.net/nc-en/home>

Buncombe County (828) 351-8098

Go Smart an in-browser app for desktop, tablets, or smartphones with instructions for active play for children 0-5
<https://gosmart.nhsa.org>

**WIC (Women, Infants & Children)
At Your Local Health Department**

Buncombe County (828) 250-5000

Henderson County (828) 692-4223

Haywood County (828) 452-6701

Transylvania County (828) 884-3242



Adapted by WNC Healthy Kids and WNC Pediatric Care Collaborative from NC DHHS Division of Public Health, Nutrition Services Division; ZeroToThree.org; and American Academy of Pediatrics' HALF Implementation Guide and HealthyChildren.org

For more tips & links to these resources, visit <http://www.521almostnone.com/resources/additional-resources>

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