**NUTRITION**
Breast milk or baby formula with iron is my main source of nutrition for my whole first year.

Please feed me when I act hungry. Let me eat until I act full.

I will drink breast milk or formula 4 or more times a day. My tummy can hold about 6 to 8 ounces at a time.

I am ready to eat solid food when I can sit and hold my head steady, and when I reach for food and open my mouth.

Start me off with whole grains like iron fortified oatmeal, then add vegetables. Try fruits next and then meat.

Let me try one new food at a time. Let me get used to it for a week before you give me another new food.

As I get used to food, let me try a wide variety so I can learn to like many foods. By helping me learn to like lots of different kinds of healthy foods now, you are helping me become a healthy eater for life.

I like to feed myself. It helps me stop eating when I am full and helps me learn to use my hands. Give me small pieces of food that I can reach and put into my own mouth.

Let me practice using a cup. Hold the cup and let me take sips. When I am 9 months, I will start holding a cup on my own. Then I can use cups for my drinks.

I like to eat foods plain.

**ACTIVITY**
I need lots of activity and movement many times, every day.

I may try to sit, hold, lift and drink from a cup, and crawl.

Put a toy just out of reach so I move to get it. Roll a ball to me. Hold my hands and let me walk with you.

Help me roll and push objects on the floor.

Play, crawl, and chase me on the floor.

Play peak-a-boo, or sing and dance with me.

**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.

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**

Let me see you eating healthy and moving. You are my role model.

Build a team of family, friends and care givers who help me eat healthy and be active.

Talk to other parents. Join a play group or find support groups, online.

Play with my hands and feet as you smile, laugh, sing and talk to me.

Respond to me quickly when I cry or show you that I’m hungry or tired.

I need 1 or 2 naps every day. Each day I need 14 to 15 hours of sleep.

Hold me often, especially with my skin against yours. It helps me feel loved and calm.

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**CREATE & KEEP REGULAR ROUTINES**

- **Regular Meals**
- **Daily Physical Activity**
- **Enough Sleep**

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**Local & Online Resources**

- **5-2-1 Almost None** [www.521almostnone.com](http://www.521almostnone.com)
- **La Leche League** Breastfeeding support and groups. [http://www.lllofnc.org](http://www.lllofnc.org)
- **Mission Breastfeeding Center** [http://www.missionchildrens.org/hospital-services/breastfeeding-center](http://www.missionchildrens.org/hospital-services/breastfeeding-center)
- **Parkridge Hospital Lactation Consultant** [http://www.parkridgehealth.org/node/2273](http://www.parkridgehealth.org/node/2273)
- **Smart Start** Information about local parenting classes, reading programs and/or play and learn groups:
  - Haywood County (Region A Smart Start) (828) 586-0661, [http://regionakids.org](http://regionakids.org)
  - Henderson County (828) 693-1580, [http://www.smartstarthc.org](http://www.smartstarthc.org)
  - Transylvania County (828) 877-3025, [http://www.smartstarttransylvania.org](http://www.smartstarttransylvania.org)
- **Nutrition, Activity and Parenting Tips** [http://www.healthychildren.org/English/healthy-living/growing-healthy](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](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](https://gosmart.nhsa.org)

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](http://www.521almostnone.com/resources/additional-resources)