

Healthy Weight for Children (Ages 2-5 years)



Child's Name: _____

Date: _____ Weight: _____

Height: _____

Why is it important for my child to be at a healthy weight?

Childhood is a time of growth and development. Being a healthy weight can lower the chance of having health problems, such as high blood glucose (sugar), low self-esteem, sleeping problems, asthma, high blood pressure, high cholesterol, and obesity. Talk with your nutritionist at WIC to learn more about a healthy weight for your child.

Eating healthy foods and being active each day will help your child be healthy.

Check the positive steps you are already taking and the ones you plan to start with your child.

I do this with my child	I will start doing this with my child	Positive steps to healthy food choices
<input type="checkbox"/>	<input type="checkbox"/>	Eat nutritious meals and snacks. This includes fruits, vegetables, whole grains, lean meats and poultry, beans and peas (like black beans, lima beans, chickpeas, and black-eyed peas), eggs, and low-fat dairy.
<input type="checkbox"/>	<input type="checkbox"/>	Choose low-fat milk and water instead of sweet drinks (like juice, sweet tea, or soda).
<input type="checkbox"/>	<input type="checkbox"/>	Offer new foods. Children may need to try a new food 10 or more times before they eat it.
<input type="checkbox"/>	<input type="checkbox"/>	Cut back on eating foods high in fat like desserts and fried foods.
<input type="checkbox"/>	<input type="checkbox"/>	Keep healthy foods where they are easy to see.

To prevent choking, serve all foods in the size and texture safe for your child.





I do this with my child	I will start doing this with my child	Positive steps to help your child be a healthy weight
<input type="checkbox"/>	<input type="checkbox"/>	Eat meals together as a family.
<input type="checkbox"/>	<input type="checkbox"/>	Turn off the screen during meals.
<input type="checkbox"/>	<input type="checkbox"/>	Make sure your child eats breakfast each morning.
<input type="checkbox"/>	<input type="checkbox"/>	Let your child tell you when they are full. Forcing them to eat everything on their plate can lead to overeating.
<input type="checkbox"/>	<input type="checkbox"/>	Let your child serve themselves by taking small amounts of food at meals.
<input type="checkbox"/>	<input type="checkbox"/>	Do not use food as a reward or punishment.
<input type="checkbox"/>	<input type="checkbox"/>	Be active with your child. Walk, dance, or play games such as tag or follow the leader.
<input type="checkbox"/>	<input type="checkbox"/>	Let your child pick out a new healthy food to try when shopping at the grocery store.
<input type="checkbox"/>	<input type="checkbox"/>	Be a role model. If your child sees you eating vegetables, they might want to try them too!
<input type="checkbox"/>	<input type="checkbox"/>	Set limits for screen time (TV, cell phones, tablets, etc.). • Children at this age should have no more than one hour per day.
<input type="checkbox"/>	<input type="checkbox"/>	Make sure your child gets enough sleep. • Children at this age should sleep between 10 and 14 hours each day (including naps).

This handout is for general informational purposes. If you are concerned about your child's weight, contact their health care provider and nutritionist at WIC for more information.

