**Small Starts for Toddlers (1-3 years old)**

**Parent Goal Setting Work Sheet**

**Circle one small start to try at home.**



**EAT BETTER**

**Know when your toddler is full**

**EAT BETTER**

- She does not need to eat everything on the plate

- Watch for cues! Shaking her head no. Saying "no more" "all done".

-Throwing food.

-***At mealtime, I will notice when my toddler is done eating.***

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**Build a healthy plate**

-Make half your plate fruits and vegetables” + 1/4 grains + 1/4 protein + dairy

-Veggie ideas: Peas, corn, carrots, broccoli, cauliflower, green beans, can be frozen

-Fruit ideas: apples, pears, strawberries, blueberries

-***We will build healthy plates for one meal each day this week.***

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**Know how much to serve**

-For your toddler, 1 serving = 1/4 cup = size of toddler fist

-In 1 day: 5+ servings of fruits and veggies; 4 whole grain servings;

-3 protein servings; 2 glasses of milk

-***I will have at least one serving of fruits/vegetables at a meal every day.***

 - **Set meal times and snack times**

- Plan 3 meals and 2 or 3 snacks each day.   
See the [American Academy of Pediatrics](https://www.aap.org/en-us/advocacy-and-policy/aap-health-initiatives/HALF-Implementation-Guide/Age-Specific-Content/Pages/Toddler-Food-and-Feeding.aspx?nfstatus=401&nftoken=00000000-0000-0000-0000-000000000000&nfstatusdescription=ERROR:+No+local+token)

- Include 4 food groups at meals and 2 food groups at snack

-Healthy snacks: bite size fruits and veggies

*-****I will serve 3 healthy meals days this week.***

***AND/OR***

**- *I will serve 2 healthy snacks days this week.***



**Choose a healthy drink**

-If your toddler is thirsty, offer water!

-Aim for 2- 3 cups of low-fat milk per day for toddlers ages 2 and older.

-Think of Juice as dessert. Give none to < ½ cup per day

-No soda

- ***I will replace juice with water.***

 **Play everyday!**

**BE**

**ACTIVE**

-Aim for 60 minutes a day, divided up.

-Ask your toddler to bring you books, shoes, balls, etc. Clean up together. Let her help push the stroller.

- TV gets in the way of playtime, so turn it off.

*-****I will play an active game with my toddler each day.***



**SLEEP**

**BETTER**

**Have a bedtime routine**

- Your toddler needs 12-14 hours of sleep.

-Most of growth occurs during sleep.

-A routine helps your toddler know it is time for sleep.

- Try a warm bath and bedtime story.

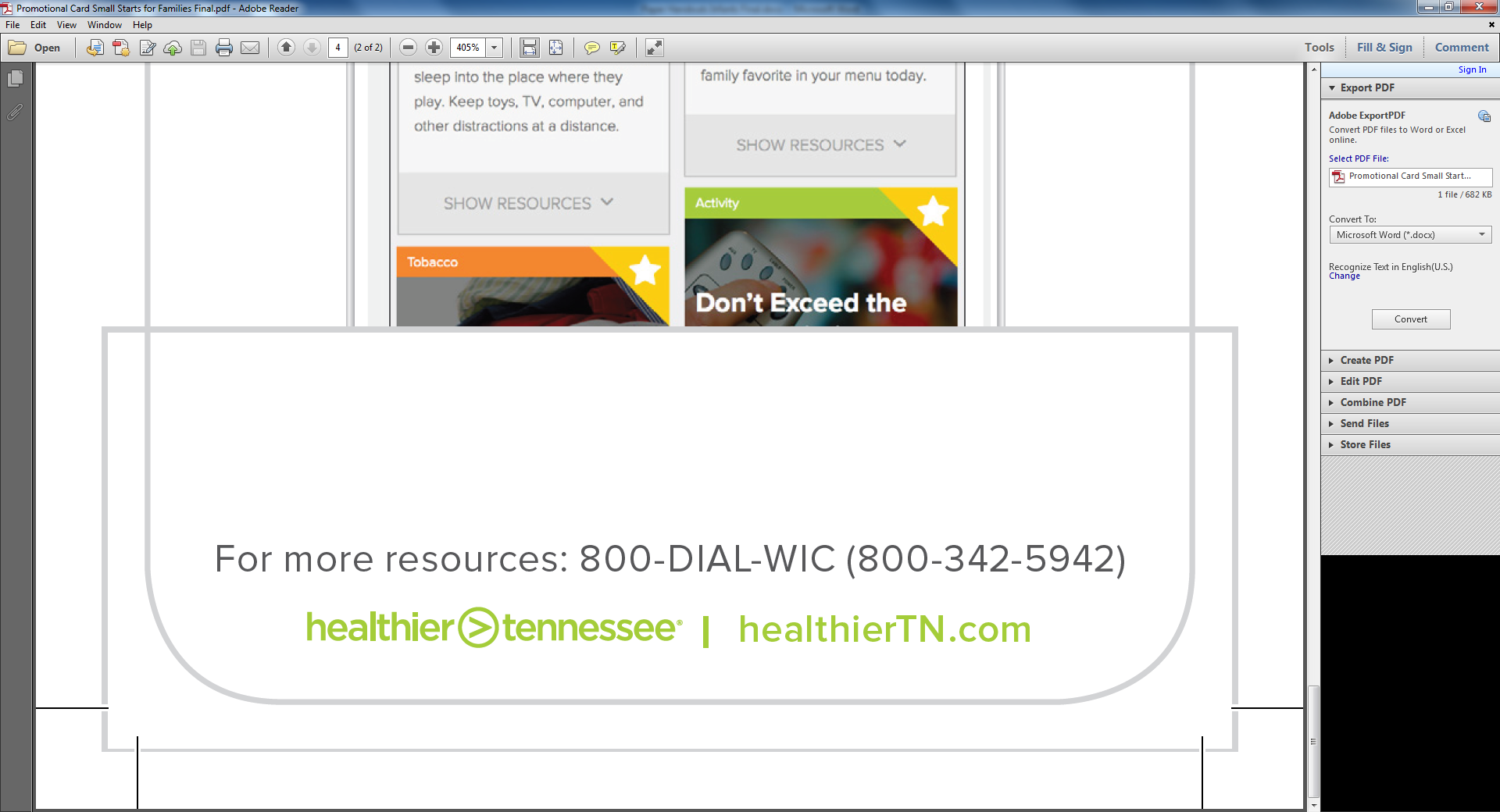
-***I will use a bedtime routine nights this week.***

**Try doing that small start every day for 3 weeks, to form a new habit.**

**Circle each day you try it. Don’t worry if you miss a day. Just start again.**

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| My Goal is \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | | | | | | |  |
| Circle each day you try that new habit. | Mon | Tues | Wed | Thurs | Fri | Sat | Sun | I did it! |  |
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**Visit healthierTN.com/families for more small starts ideas.**



**Visit kidcentraltn.com to see a list of state services for children and families.**

[](http://www.kidcentraltn.com/)