start early

help your child grow into her own healthy weight and height

Check ✓ the healthy habits **your family already does.**
Check ✓ the habits you and **your family will start.**

already do this	will start doing	
☐	☐	be a good role model:
		We buy healthy foods - fruits, vegetables, lean meats, whole grains, low-fat or non-fat dairy foods.
		favorite dishes - ions.
		high sugar foods.
		other sugary drinks for our home.
		e fridge, ready to eat for snacks.
		d vegetables at most meals.
		thirsty, not sugary drinks.
		at (skim) milk. of 2 years
		er:
		day, at about the same times.
		kitchen, at least once a day.
		ong.
		ring the day.
		day.
		te:
		own plate at mealtimes.
		e will eat. ce him to eat.
		60 minutes every day.
		nputer or video games for
		ild's bedroom.
		to 14 hours each day, sleep.

nutrition matters

how's my child growing?

name: _____

date: _____ **age:** _____

weight: _____

height: _____

In the past _____ months, my child has gained

_____ pounds and

_____ inches.

my child's BMI percentile is: _____

Healthy children come in all sizes.

Don't compare your child to other children. Children of the same age can look different in height and weight.

A child grows fast between the ages of 2 to 5 years.

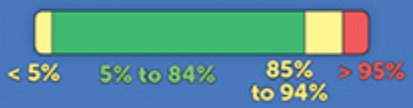
A preschool child may gain 8 to 10 inches during these 3 years.

Take your child to her checkup appointments.

Your health care provider will measure your child once or twice each year. Then you can see how your child grows over time. It may be okay if her BMI is in the top or bottom of the chart. Or it may be a concern.

What is a BMI?

A BMI stands for body mass index. **Your health care provider will calculate your child's BMI using her weight and height.** Her BMI is then plotted on a growth chart.



Your health care provider will use her BMI percentile to evaluate how your child is growing and identify any concerns.

Talk to your health care provider if:

- your child's BMI is in the yellow or red areas.
- your child has gained a small amount of weight or height.
- you are concerned that your child is gaining too much weight.
- you have any questions or concerns about how your child is growing.