

# In This Section

## TAB 6: PATIENT TOOLS

### Patient Tools : 0 to 2 Years

Measuring Your Baby's Growth: Weight for Length Measurements  
 Feeding Infants  
 Feeding Toddlers and Preschoolers  
 Healthy Kids' Snacks  
 Making Your Own Baby Food  
 Physical Play Every Day! (6 months to 1 year)  
 Physical Play Every Day! (1 year to 2 years)  
 Screen Time and the Very Young  
 Families Resource Guide for Breastfeeding

### Patient Tools: 2 to 18 Years

#### **5 Eat at least five fruits and vegetables a day.**

A Meal Is a Family Affair  
 How To Add Fiber to Your Meals  
 The Fittest Food  
 Breakfast Is Best!  
 To have fruits and vegetables year-round, add frozen or canned  
 Maine Seasonal Food Guide  
 What's a Healthy Portion?  
 Get Your Portions in Proportion  
 Go Foods, Slow Foods, Whoa Foods  
 Tasty Snacks for Healthy Kids  
 Fuel Learning with Fruits and Vegetables  
 Fuel Learning with Milk, Cheese and Yogurt  
 Healthy Shopping On A Budget  
 Understanding Food Labels  
 Encourage Kids to Eat More Fruits & Veggies

#### **2 Limit recreational TV or computer use to two hours or less.**

Promote Healthy Viewing Habits  
 Step Away from the Screen!  
 Unplugged!  
 Take Control of TV and Other Screen Time  
 Facts and Figures About Our TV Habit  
 Active Video Games: Good for You?

#### **1 Get one hour or more of physical activity every day.**

Fun Ways to Be Physically Active  
 Take It Outside!  
 Take It Outside! With Maine State Parks Flyers  
 Physical Play Every Day! (2 years to 3 years)  
 Physical Play Every Day! (Ages 3 and 4 years)  
 Physical Play Every Day! (Ages 4 and 5 years)

#### **0 Drink water and low fat milk; limit or eliminate sugary beverages.**

Calcium Counts!  
 Water is Fuel For Your Body  
 How Much Sugar Do You Drink?  
 What Should Young Children Drink?  
 Enlightening Facts About Juice  
 Sports and Energy Drinks  
 Drink Your Milk Quiz & Answer Key  
 Have a Drink Plan  
 For Growing Bones...Which Milk?  
 Milk's Unique Nutrient Package  
 Think Your Drink

#### **Other Resources**

Come prepared for your child's blood pressure reading  
 Non-Food Rewards at Home  
 Healthy Sleep Habits  
 Choose MyPlate Brochure  
 Choose MyPlate 10 Tips to a Great Plate  
 Choose MyPlate Coloring Sheets  
 Hannaford Guiding Stars Program  
 Nutrition Coordinator Request Form  
 Insert: Healthy Favorites: A Booklet Full of Healthy Tips and Recipes