

# anticipatory guidance

Child's name \_\_\_\_\_

## newborn

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

## guidance

Satiety cues  
 Breast feeding strategies

## nutrition

- Expected volumes in first 3 months:  
 150-200ml/kg/day  
 7-10 feedings/day
- Iron fortified formula if not breast milk
- Satiety cues
- No solids
- Not all crying represents hunger

## activity & development

- Infants regain or exceed birth weight by 2 weeks of age then grow about 1 oz./day

## 2 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

No solids, No juice  
 Minimize stationary devices throughout the first year of life

- No juice, no cereal
- Breast milk or formula
- Feed every 3-4 hours or 24-28 oz./day
- Increase interval at night

- Crib mobiles
- Minimize stationary devices
- Reaching, kicking, stretching

## 4 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

Start single grain cereal  
 No juice

- No juice
- Breast milk or formula
- Volume up to 32 oz./day
- Single grain, iron fortified cereal, 1-2 T from spoon, 1-2x/day

- Belly play time
- Sits with support
- Play gyms
- Grasping for objects

## 6 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

100% juice in cup  
 Normal extrusion reflex

- Baby food – start vegetables
- Add new food in 3-4 day interval, Check for allergic reaction  
 Portion size – 2 T twice/day
- Cereal 2-4 T twice/day
- Start 100% juice from cup – 2-4 oz.
- Iron/Vit D recommendation

- Normal extrusion reflex
- Sits briefly alone
- Starting to crawl
- Non-restrictive play
- No screen time recommended (TV, computer, electronic games)

## 9 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

Finger foods  
 Cup portion size  
 Choking hazards

- Offer variety of finger foods and table foods (about 850kcal/day)
- Fruit/Veg serving size – 1-2 T or 1/8 cup (1 oz.) twice/day
- Variety of protein/lean meat
- Cereal 6-8 T/day
- Limit 100% juice 3 oz. via cup
- Watch out for choking hazards

- Finger feeds
- Begins to hold cup
- Pull to stand
- No screen time recommended (TV, computer, electronic games)

## 12 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

Whole milk  
 Limit 100% juice ~ 4-6 oz.  
 Serving = 1-2 T

- Birth weight triples, length increases by 50%
- Wean to whole milk (16-24 oz./day)  
 Milk from cup, wean from bottle
- 3 meals and 2 snacks/day
- Offer variety of foods
- Watch out for choking hazards
- Limit 100% juice to 4-6 oz./day
- Avoid sweetened drinks

- Non-restrictive play
- Push toys
- Plays simple ball game
- Finger feeds
- Walking
- Hiding
- No screen time recommended (TV, computer, electronic games)

# anticipatory guidance

Child's name \_\_\_\_\_

## 15 months

### guidance

### nutrition

### activity & development

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

No bottle  
 Milk ~ 16 oz./day  
 Variety  
 3 meals/2 snacks

- Appetite decreasing
- Whole milk 2 cups/day (16 oz.)
- 100% juice 4-6 oz./day
- No sweetened drinks, water instead
- 3 meals and 2 healthy snacks/day
- Variety, repeated offerings

- Finger or spoon feeding
- Walking/running
- Crawls up stairs
- Climbing
- When awake, never inactive for more than 60 min. at a time
- No screen time recommended (TV, computer, electronic games)

## 18 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 Weight/Height \_\_\_\_\_%

Eating together, adult role model  
 More than 10 exposures to new food

- 3 meals & 2 healthy snacks/day
- Milk with meals
- 5 fruit or vegetable/day
- Family meal time
- Limit sweets and desserts

- Feeds self
- Running, starting to walk stairs
- When awake, never inactive for more than 60 min. at a time
- No screen time recommended (TV, computer, electronic games)

## 24 months

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 BMI \_\_\_ percentile \_\_\_ %

Lowfat milk  
 Limit 100% juice 4-6 oz.  
 Limit TV, less than 2hrs

- Birth weight quadruples
- Start BMI calculation
- Parental likes/dislikes
- Transition to lowfat milk
- Acceptable to decrease fat in diet
- Variety of flavors enhance acceptance
- Portion size = 1/4 adult portion

- Play outside daily
- Runs well
- Unstructured play
- Marching, climbing, jumping
- Planned screen time – less than 2 hrs/day

## 3 years

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 BMI \_\_\_ percentile \_\_\_ %

Lowfat milk  
 Healthy snacks  
 Portion sizes

- Birth height doubles
- Planned family meal
- Meal time fun, cut food into shapes
- Flexibility, varying appetites
- Variety, whole grain
- Move toward lowfat or fat free milk

- Any unstructured play
- 30 minutes/day structured play
- Rides tricycle
- Avoid TV and food habit
- Limit screen time to 1-2 hrs/day
- Help child choose what to watch

## 4 years

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 BMI \_\_\_ percentile \_\_\_ %

Lowfat or fat free milk  
 Healthy snacks  
 Vegetables/fruit

- Vegetables (repeated exposures)
- Move toward lowfat or fat free milk
- Minimize 100% juice to 4-6 oz.
- Whole grain

- Throws balls
- Hops on one foot
- 30 minutes/day unstructured play
- 60 minutes/day structured play
- Limit screen time to 1-2 hrs/day

## 5-6 years

Date \_\_\_\_\_  
 Height \_\_\_\_\_  
 Weight \_\_\_\_\_  
 BMI \_\_\_ percentile \_\_\_ %

Lowfat or fat free milk  
 Healthy breakfast  
 Limited screen time

- Nutritious breakfast
- Vegetables/fruit, dairy at every meal
- Healthy snacks after school
- Transition to lowfat or fat free milk
- Limit 100% juice to 4-6 oz.
- Limit sweetened drinks and no soda
- Maintain appropriate portion size

- Throwing/catching
- Bike riding, skipping, dance
- Limit screen time to less than 2 hrs/day (TV, computer, electronic games)