

Tell me more about Your Child...

The following activity is to help you think about your family eating and physical activity behavior.

Circle your answer:

1. How much time each day does your child spend watching TV, playing video games, use a computer, tablet or Smart phone?

4 hours or more per day 3 hours per day or less 2 hours per day 1 hour per day



2. How much time does your child spend all together walking, playing (running, jumping, climbing) in a typical day?

None 15 minutes 30-45 minutes One hour or more



3. Please select which beverages your child or children drink. Circle all that apply.

Soda Tang orange drink Kool aid Ice Tea Sport drinks Tampico Jumex
100% juice Chocolate Milk Low Fat Milk Fruit Smoothie Water



4. How many days per week does your child eat breakfast?

Never 1-2 times per week 3-4 times per week 5-6 times per week 7 times per week



5. How many fruits and vegetables does your child eat on average every day?

None ½ cup 1 cup 2 cups 3 cups or more



6. How much water does your child drink every day?

None ½ cup 1 cup 2 cups 3 cups or more



Please turn over



Mostly Green choices- Keep up the great work! Your answers show you and your family are choosing healthy food, drinks and activity behaviors most of the time. These choices help your child with normal, healthy growth. At WIC we want to work with you to keep these healthy behaviors going. Help us learn from you and let us know your special tips for making healthy choices easy so we can share your successes with other moms.

Mostly Blue choices- Way to go! You are helping your family to make good food, drinks and activity (play) choices, most of the time, but may need to think about a plan to stay on track on a daily basis. Your child might be gaining weight at a fast pace, based on some of your answers. At WIC we can work with you on a plan to make your daily food, drink and activity choices healthier and easier. We want to see your child with healthy growth and development and keep a healthy weight. With small, manageable changes, you can help improve your child’s BMI by encouraging 1 hour of active play each day and limiting screen time (TV, computer, video games) or quiet time to 2 hours or less. Remember, as a parent, it is your job to decide what and when, your child decides how much...Offer more water, fruits, vegetables with meals and snacks, daily.

Mostly Purple choices- Offering healthy options each day is can be hard. We know that being a mom of a toddler or preschooler is not easy especially at meal and snack times. Getting enough active play each day can be tricky with a busy schedule. At WIC we can work with you on making healthy habits like increasing fruits and vegetables, reducing juice and sweetened beverages part of your daily routine. We can also talk with you about a plan for making time for active play, each day. We want to see your child’s growth and keep a healthy weight. Let your WIC nutritionist know if you have questions or concerns about your child’s growth or mealtime choices.

Please circle one or two topics below to discuss with your Nutritionist

My Child’s Growth	Tips for fun, healthy and active celebrations
Active Play (Physical Activity)	They learn from watching you... (tips for mealtime role modeling)
Quick and healthy breakfast ideas	Get connected- Online resources on nutrition and active play
Yummy, kid-friendly snacks	Referrals to parent or mom support groups
Lead the way: Creating a relaxed mealtime.	Healthy recipes
Tips for serving up a great plate	How to eat the rainbow by adding more fruits and vegetables into meals
Tips to decrease added sugars	Anything else on your mind? Write down here:
Healthy drink choices	