



If your child likes flavored milk, make your own by adding a scoop of Ovaltine or NestleQuik (you control how much to add—the less the better).

Breakfasts Boosters:

- Low-sugar (less than 6 g per serving) cereal with skim milk
- Oatmeal
- Fresh Fruit
- Boiled Egg
- Plain Yogurt with fresh fruit and whole grain cereal
- Peanut Butter and apples
- Whole-wheat banana-nut bread
- Whole-wheat waffle spread with “lite” cream cheese and strawberries
- Low-fat granola bar
- Bagel or toasted English muffin with peanut butter
- Ham and low-fat cheese sandwich on whole wheat bread
- Homemade smoothies

Spam musubi, sausage biscuits, doughnuts, Danish pastries, croissants, and toaster cakes are foods for your child to have occasionally. They should not be a regular part of your child’s diet!

Developing Good Habits

Continue to work on family mealtimes as a daily event. At three, children can begin to learn table manners and may be able to help set or clear the table. These can be valuable lessons in learning to share the work that keeps a family running smoothly. Having a conversation while having a meal helps to slow down how fast you eat, which can be a help if there is a tendency to eat too much. Just remember, your conversation should not focus on what your child is eating (or how much or how little he consumes).

Screen Time

The American Academy of Pediatrics recommends that children under two years old should never watch TV or videos. At 2 years old, the recommendation changes to recognize that good children’s programs can actually help learning if limited to an hour or two daily. Choose what your child watches carefully, and turn it off when it is over. If your child is beginning to play computer games, the amount of time he spends should also be limited. Total “screen time” should be no more than 2 hours daily.

Activity

At this age, children often enjoy supervised use of playground equipment. They may love to go on walks and hikes to explore their neighborhood. This is also a great age to introduce swimming as a useful skill. You don’t have to sign up for formal lessons, learning to float and paddle are good basics to start with.

Many children enjoy tricycles and other riding toys at this age. They’d probably like motorized cars too, but they won’t get any exercise being a passenger, so avoid those.