

Let's **GROW**

ISSUE 7



2-3 YEARS

GROWTH & DEVELOPMENT

Interested in your child's growth and development? Use this screen to help you monitor their progress. It also has helpful tips and activities for you to try at home. www.endds.com

Healthy eating habits help your child grow and develop. Worried your child isn't eating well? Visit www.nutritionscreen.ca to get nutrition tips for your toddler or preschooler.

NUTRITION

Do you think your child is a picky eater? Here are some tips to help:

1. Offer choices, include some favourite foods along with some new ones at each meal.
2. Try different textures, shapes and even colours of food.
3. Choose nutritious foods, so even little bites will help.

Keep mealtime roles clear. Parents choose what foods are served and when or where to offer them. Children decide how much to eat.

Eat with your child. This makes mealtime a social, fun event and gives you an opportunity to be a positive role model for your child.





PLAY

Play with your child and help them help them be active from an early age.

Play continues to be important for learning as your child grows, for more *playtime ideas*. (See pages 10 to 13).

SAFETY

Time to teach your *preschooler basic safety rules*:

- Provide adult supervision for activities such as crossing the street, playing in water, or in the kitchen.
- Lock up medications, laundry, and cleaning products.
- Use safety equipment like *helmets*.

MENTAL & SOCIAL WELLBEING

Help your child be *ready to learn*. (See page 12).



WE WANT YOUR FEEDBACK

Please give us your feedback in this very brief survey: <https://www.research.net/r/letsgrownewsletter>

To contact us or unsubscribe, please email: publichealth@publichealthgreybruce.on.ca

