

Growing Healthy Children

Resources for Families

Part 1

Pregnancy

- My Pregnancy Plate – [English](#) and [Spanish](#)
- Pregnancy and Weight Gain – [English](#) and [Spanish](#)
- Folic Acid Fact Sheet – [English](#)
- Pregnancy Food Don'ts – [English](#) and [Spanish](#)
- 10 Healthy Tips for Teen Girls – [English](#)

Breastfeeding

- Breastfeeding Fact Sheet - [English](#)
- Nutrition Notes for the Breastfeeding Mom - [English](#)
- Increasing Your Milk Supply - [English](#)
- Fish Advice Chart – [English](#) and [Spanish](#)

Part 2

Nutrition for the Family

- Infant Feeding Tip Sheet - [English](#) and [Spanish](#)
- How Sweet Is It? Calories and Teaspoons of Sugar in 12 ounces of Beverage Graphic - [English](#)
- Portion Control Guide - [English](#)
- [MyPlate Printable Materials](#)
 - Feeding Toddlers - [English](#)
 - Healthy Eating for Preschoolers Mini Poster – [English](#) and [Spanish](#)
 - Cut Back on Your Kid's Sweet Treats – [English](#) and [Spanish](#)
 - Kid-Friendly Veggies and Fruits – [English](#) and [Spanish](#)
 - Snack Tips for Parents – [English](#) and [Spanish](#)
 - Be a Healthy Role Model – [English](#)
 - Make Better Beverage Choices – [English](#) and [Spanish](#)
 - Kitchen Helper Activities - [English](#)
 - Healthy Tips for Picky Eaters - [English](#)
 - Phrases that Help not Hinder - [English](#)

Food Safety

- Food Safety Tips for Preschoolers – [English](#)
- Choking Prevention and First Aid for Infants and Children - [English](#)
- Foodborne Illnesses in Young Children - [English](#)

Part 3

Physical Activity

- Move Together Anytime! Sesame Street Family Tip Sheet - [English](#)
- Ten Tips for Becoming More Active as a Family – [English](#) and [Spanish](#)
- Healthy Tips for Active Play - [English](#)
- Family Fun for Everyone - [English](#)

Screen Time

- What is a Family Media Plan? – [English](#) and [Spanish](#)

Resources and Websites for Providers

- [Best Practices for Healthy Eating: A Guide to Help Children Grow Up Healthy](#) (Includes Parent Handouts) – Nemours Health & Prevention Services
- [NASPE Guidelines for Physical Activity](#)
- [Sesame Street Healthy Habits for Life Toolkit](#)
 - Move Together Anytime!
- [USDA ChooseMyPlate.gov](#) – Tips Sheets suitable for parents; topics include pregnancy, feeding young children, and physical activity
- [WIC Works Sharing Gallery](#) – Online galleries of State-developed, easy to access, printable materials.
 - Pamphlet Series from Maryland offering information about important child health issues, birth to 4 and ½ years
- [Timeline Tips: Interactive, age-specific tips for key opportunities for interventions for child health](#) – American Academy of Pediatrics
- [Best Practices for Physical Activity: A Guide to Help Children Grow Up Healthy](#) (Includes Parent Handouts) – Nemours Health & Prevention Services
- [TRUCE Guides and Publications](#) – Teachers Resisting Unhealthy Children’s Entertainment
 - Play and Toy Guide
 - Seasonal Family Play Plans