

Enjoy Mealtimes with Your Toddler!

Family meals are important. Strong ties are formed by sharing meals together. Your toddler also learns how to eat and learns about healthy foods.

Here are some ways to make family meals part of your routine:

- Set a regular mealtime to bring your family members together. Show that this time is important. Turn off the TV. Let the answering machine take your phone calls.
- Make it simple. Make it quick. Spend more time with your family and less time in the kitchen. Check with your local Extension office for ideas on healthy meals that are easy-to-prepare.
- Be a good role model. Eat a new food in front of your children. Let them see you enjoy it!

Does it seem impossible to fit family meals into your schedule? Begin by enjoying one family meal together each week. Get together as many of your family members as possible.

Maybe your "family" is you and your toddler. That's OK—your mealtime together is still very important!

Learn to Eat and Enjoy Healthy Foods!

Move and Play with Your Toddler

More Follow-the-Leader

- Walk in a straight line, then in a circle, then in a zigzag pattern. Lay masking tape on the floor and follow it as a pathway.
- After your child has practiced using the tape as a path, have him walk on the tape like a "balance beam."
- After he's had fun with the "balance beam," put two lengths of masking tape along the floor. Show your child how to walk or run on *one side of the tapes*, then switch to the other side of the tapes.
- Next, have him walk or run "between" the lengths of tape. Then have him step or hop *over* the tape.
- After you have been the leader and your child has practiced these movements, have him lead you through these fun activities!

Learn, Move, and Have Fun!

