

Which Milk is for your child?

If your toddler is between *one and two years of age*, offer whole milk. Toddlers need the fats from whole milk to grow properly and to develop the nervous system. At this time in a toddler's life, whole milk is one of the best food sources for these nutrients.

Starting at age two, your child can begin drinking low-fat milk. Your child will get the same amount of bone-building calcium from low-fat milk and no longer needs all the fat found in whole milk.

You may want to change slowly from whole milk to low-fat milk, as your toddler gets used to the taste and texture of the lower-fat product.

- Switch first from whole milk to 2% milk. When your child gets used to the flavor and is eating a greater variety of foods, you can try 1% low-fat milk.
- Try chocolate low-fat milk. The flavor is about the same as in higher fat chocolate milk.
- Offer low-fat milk on cereal and in smoothies. Your child probably won't notice.

If you have more questions about whole milk vs. low-fat milk, check with your child's physician. Or call your local health department and ask to visit with a nurse or dietitian who works with toddlers.

Learn to Eat and Enjoy Healthy Foods!

Move and Play with Your Toddler

Clap Hands**

Clap hands above your head
Clap hands down by your feet
Clap hands by your tummy
Clap hands behind your back
Clap hands while you walk*
Clap hands while you jump*
Clap hands while you walk forwards
Clap hands while you walk backwards (for older toddlers)
Clap hands while you dance to music
Try and clap your feet!

* The younger toddler may need to do these movements separately (clap hands, then walk; clap hands, then jump). Older toddlers may be able to do the movements at the same time.

** You may want to read the children's book *Clap Hands* by Helen Oxenbury as part of this activity.**

Learn, Move, and Have Fun!

