

Early Impact Virginia

Growing Healthy Children Quick Reference

Five Strategies for Growing Healthy Children and Preventing Obesity

1. Breastfeeding
 - Breastfeeding is best for babies
2. Nutrition
 - Only breastmilk or formula from birth to 6 months
 - Focus on vegetables and fruits
 - Stock and prepare healthy foods
 - Parents decide WHAT to offer children and WHEN the child will eat, while the child decides WHAT to eat and HOW MUCH.
 - Be a good food role model
 - Have family meals
3. Physical Activity
 - Provide safe spaces and age appropriate equipment
 - Be a role model for physical activity
 - Engage in physical activity as a family
 - Have fun being active!
4. Limiting Screen Time
 - Birth to 18 months– no screen time except for video chatting with family
 - 18-24 months – only watch high-quality program with your child
 - 2 to 5 years – one hour per day of high-quality programs
 - 6 years and older – consistent limits on amounts and types of media they watch
5. Eliminating Sugary Drinks
 - Drink water instead

Home Visitor Scope of Practice

- ✚ Ask open-ended questions
- ✚ Listen to the family's responses and ideas
- ✚ Observe their cultural practices and habits
- ✚ Affirm them for the things they are doing well
- ✚ Share information, print materials, and resources
- ✚ Support the family as they set goals to make healthy changes
- ✚ Make referrals
 - Infant CPR and First Aid class
 - Healthcare provider
 - Registered dietitian
 - WIC Nutritionist
- ✚ WIC Breastfeeding Peer Counselor or a Certified Lactation Consultant for breastfeeding moms.