

5-2-1-0

in the
first year



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Acknowledgements

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DEDICATED TO THE HEALTH OF ALL CHILDREN™



Maine Chapter



This booklet was created by Let's Go!'s Birth-2 Year Workgroup which consists of several Maine experts in early childhood.

For more information about this booklet, please call (207) 662-3734.

Welcome!

Let this booklet guide both your child's and your own journey to good health! The tips and suggestions contained here will give you the tools to get started today! You have the power to create healthy lifestyle habits, which will benefit you and your family for a lifetime. So... Let's Go!

A good place to start is to practice 5-2-1-0 every day!



- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



5 or more fruits & vegetables



For Babies

Newborns – 6 months:

- Try to breastfeed your baby for at least 6 months or for as long as you can. Seek support from your healthcare provider or a lactation consultant if you have questions or concerns.
- Your baby will get all the nutrients of the **5 fruits and vegetables** you eat daily through your breast milk.
- Wait until your baby is at least 4-6 months old before starting solid foods.

6 months – 12 months:

Introduce your baby to solid foods gradually.

- Begin with small serving sizes – (just 1 or 2 small spoonfuls is a good start).
- Most doctors recommend offering vegetables before offering fruits.

- Introduce a variety of foods by the end of the first year. Remember, when offering a new food it may take up to 15 exposures until your child accepts the food, so keep trying!
- Good choices for your baby's first solid foods include:
 - Iron-fortified cereal such as rice and oatmeal
 - Cooked, strained vegetables
 - Cooked, strained fruits
- **Remember:** Make sure your baby's food is mashed or cut into small pieces that are easy to chew. Solid food can get stuck in the airway and cause choking. When first introducing solid foods, use breast milk or formula to thin your baby's food to a soupy consistency, slowly making it thicker as your baby's chewing and swallowing skills improve.

For Parents

- Choose fruits and vegetables as snacks.
- Avoid fast food; plan meals and snacks that are easy to carry when you are away from home. You will save money and be sure to have foods that are healthy.
- Eat together as a family and make it fun. Eating meals together promotes bonding and is a good habit to get into.
- Try frozen or canned fruit and vegetables when fresh isn't available.
- To learn more helpful nutrition tips for you and your family, visit www.letsgo.org and www.fruitsandveggiesmorematters.org.



2 hours or less of
recreational screen time*

*Keep TV/computer out of the bedroom. No screen time under the age of 2.



For Babies

Newborns — 2 years:

The message is simple:

- **No TV/Computer under the age of 2;** this includes educational videos.
- Do not put a television in the room where your newborn or toddler sleeps.
- TV can get in the way of exploring, playing and interacting with parents and others.

Try some of these ways to entertain your little one when you need a break:

- books
- mobiles
- exer-saucers
- interactive baby toys

For Parents

- Limit TV, video watching and recreational computer use to no more than two hours per day — preferably less.
- While you are watching TV or on the computer, avoid eating foods or drinking sweetened beverages.
- Trade in TV watching for other activities like:
 - reading
 - taking a walk with your child in a stroller or backpack
 - turning on some music and having a family dance party
- Be a positive role model!
- An easy way to decrease your own screen time is to make sure you don't have a TV or computer in your bedroom.



1 hour or more of physical activity



For Babies

Newborns —12 months:

- Make time each day with your baby for “tummy time.” Placing your baby on his or her stomach will strengthen his or her neck and upper back muscles.
- Tummy time is for babies who are awake and being watched.
- It’s okay to start soon after birth. Newborns can do tummy time 2 to 3 times a day for a short period of time (3-5 minutes) and do it more as they grow.
- Make tummy time fun by putting toys in a circle around the baby or have the baby on your chest for some eye-to-eye contact. It’s a good way to have older children play with the baby.
- If your baby is just plain angry about tummy time, don’t give up! As his or her head and neck get stronger, he or she will enjoy it more.

Remember to contact your healthcare provider with any questions.

For Parents

- Go for a brisk walk every day with the baby in a stroller or backpack.
- Add extra steps to your day whenever you can. Park at the far end of the parking lot or walk to a neighbor’s house instead of driving.
- Spend time playing on the floor with your child.
- Be a good role model and aim for 30 minutes of moderate physical activity five days a week (pushing a lawn mower, going for a fast walk or riding a bike on flat ground). Just 10 minutes at a time is fine!
- Being a parent is hard work; remember to take time for yourself. When your baby is napping, take some time for a quick nap yourself or to do something you enjoy. Make it a point to occasionally get a sitter or family member to care for your child a couple of hours and go do something fun!



Visit www.letsgo.org to view additional parent handouts.

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sugary drinks,
more water & milk

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For Babies

Newborns — 12 months:

- Breastfeed or use iron-fortified formula exclusively for the first 6 months.
- After 6 months, you can begin offering your baby small amounts of water after feedings. Getting your baby used to the taste is a healthy habit that will last a lifetime.
- Remember- children really do not need juice for nutrition. It's best to hold off on juice until at least 1 year of age. If you choose to provide juice before this, wait until your child is at least 6 months old, and then limit to 4-6 ounces of 100% juice a day.
- Juice products labeled “-ade,” “drink,” or “punch” generally contain 5% juice or less. The only difference between these “juices” and soda is that they’re fortified with Vitamin C.
- Begin to transition from bottles to cups with covers around 1 year of age.

Remember to contact your healthcare provider with any questions.

- Expect your child to drink around 16 ounces of whole milk and/or breast milk each day between 1 and 2 years old. Limit your child to a maximum of 24 ounces of milk per day unless instructed otherwise by your doctor.

For Parents

- Make sure you reach out for support from your healthcare provider or a lactation consultant if you are having difficulty breastfeeding.
- Water is your best beverage option.
- Always carry a travel bottle of water with you — make a habit of refilling it regularly.
- Avoid sugar-sweetened drinks whenever possible. There are about 15 teaspoons of sugar in a 20 oz. bottle of soda.
- Be a role model for your family by drinking water and low-fat or fat-free milk.



Visit www.letsgo.org to view additional parent handouts.



Additional Resources

Let's Go!: Brought to you by The Barbara Bush Children's Hospital, Let's Go! provides great resources for parents who are interested in increasing healthy eating and physical activity in their families. www.letsgo.org, www.bbch.org

KidsHealth: Brought to you by the The Nemours Center for Children's Health Media, KidsHealth features thousands of medically reviewed articles, animations, features, and news written to be age-appropriate for three distinct audiences: parents, kids, and teens. www.nemours.org, www.kidshealth.org

University of Maine Cooperative Extension:

Cooperative Extension provides credible information on a wide variety of topics including family, food and fitness. www.extension.org, www.extension.umaine.edu

