

# I Taught My Child Today...

by taking my child to the pediatrician  
for a well-baby visit.



## Ideas to Promote Healthy Living

- Model good eating habits by eating a variety of fresh fruits and vegetables.
- Make exercise fun. Play outside every day, even if only to take a short walk. There should be no screen time for babies under age two.
- Get enough rest by providing nap and bed time at the same time each day.
- Help your baby build language by identifying body parts with him/her. Make it into a playful game.
- Encourage your child to help with his/her own care by giving your child finger foods, a toothbrush to hold and to practice brushing teeth and a washcloth at bath time to practice washing.

Talk to your child about what will take place when you arrive at the pediatrician's office. For example, talk about waiting for your turn to see the doctor, playing with toys while you wait or reading a book together. Explain that when the doctor sees him/her, the doctor will weigh, measure him/her and listen for his/her heart beat. The doctor is checking on how your child is growing and learning new skills.

Teach your child that taking care of him/herself is important because s/he is important. During routines (eating, sleeping, bathing) talk about what you are doing and why. Eventually, s/he will want to take care of and love him/herself. You are your child's first teacher.

Resource: [www.erie.gov/health/](http://www.erie.gov/health/); [www.health.ny.gov/](http://www.health.ny.gov/)

Infancy Leadership Circle/Erie:  
A Project of New York Zero-to-Three Network—Raising Voices For Babies