

# 5-2 Job aid: Anticipatory Guidance

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## Topics by category and age

### Infants

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- Feeding cues – baby behaviors, strategies to respond to crying
- Plans for introducing solids/cup and developmental signs of readiness
- Stomach size and portion size
- Ideas to support learning self-feeding
- Appropriate bottle use and plans for weaning
- Food and drinks to avoid, (food safety, choking)
- Introducing family foods, family mealtime environment, parental role modeling
- Ideas for developmentally appropriate physical activity
- Beginning to establish routines (sleep, eat, play...)
- Infant temperament
- Sleep-wake cycles and strategies for responding to night waking
- Screen time recommendations

### Children 1- and 2-year olds

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- What to expect developmentally and the impact on feeding / self-feeding
- Understanding appetite/growth needs, not controlling or pressuring to eat
- Weaning; eliminating bottles; continued breastfeeding encouraged
- Portion sizes, stomach size
- Ideas for self-feeding, importance of using fingers when learning to eat
- Importance of practicing new motor skills like crawling, standing, walking
- Family meal time, parental role modeling, mealtime environment
- Transitioning to structured meals and snacks, meal pattern
- Establishing routines (sleep, eat, play...)
- How to support learning to like new foods and increasing variety
- Foods and drinks to avoid (food safety)
- Screen time recommendations
- Learning and changing scripts to help children predict things
- Ideas for developmentally appropriate physical activity
- Using Vroom app and developmental milestones
- Dental health
- Growth slows down, fluctuations in appetite due to slow growth

## Children 3- and 4-year olds

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- What to expect developmentally at this age and the impact on feeding
- Ideas for helping in the kitchen
- Understanding appetite, growth needs and importance of not controlling or pressuring to eat
- Family meal time and serving themselves, parental role modeling, mealtime environment
- Maintaining routines (sleep, eat, play...)
- How to support learning to like new foods and increasing variety
- Food and drinks to avoid (nutritionally and safety)
- Sleep recommendations and routines
- Screen time recommendations
- Changing scripts
- Ideas for developmentally appropriate physical activity
- Using Vroom app and developmental milestones
- Dental health

## Pregnant women

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- Eating during pregnancy
- Weight gain
- Unsafe foods during pregnancy
- Common concerns (nausea, morning sickness, heartburn)
- Food cravings and aversions
- Birth plans
- Plans for feeding baby
- Staying physically active
- Developing a support system
- Supporting mental health

## Postpartum women

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- Feeling sad, support systems, sleep
- Returning to pre-pregnancy weight
- Physical activity with a baby
- Returning to work or school
- Foods to feel your best, to support healing and improved health
- Pumping breast milk/supply