



WIC...

Healthy Habits,
Healthy Families

Fit Families



First steps to an active life

You can actively play with your baby or child at all ages. Being active helps you and your child stay at healthy weights. It is unhealthy for a child to be overweight. Play with your child instead of watching TV. Doctors say to wait until children are two years old before letting them watch a small amount of TV.

Birth - 3 months



The more you hold and gently play with me, the safer and stronger I will feel. During this time I will want to eat, sleep and be held often. You may find that I will want to play often.

I like to play and learn by:

- Moving my hands and feet.
- Trying to roll over.
- Trying to hold up my head.
- Holding and pulling your finger.

Ways you can help me feel safe and get stronger:

- Hold me often.
- Gently tickle my feet.
- Play with my hands and feet as you smile, laugh, sing and talk to me.
- Respond to me quickly when I cry or show you that I'm hungry or tired.

3 - 6 months



I will try to hold up my head, roll over, and begin to grab for things. I am ready for more full-body play.

I like to play and learn by:

- Lying on your lap and pushing my feet against your hands.
- Sitting up as you gently pull my arms toward you.
- Rolling over.
- Playing peek-a-boo and patty cake with you.
- Pushing up from the floor using my forearms and shoulders.

Ways you can help me feel safe and get stronger:

- Hold me often.
- Let me push against you.
- Lay me on my back and gently pull my arms toward you so I can sit.
- Put things that may break and little things that I could choke on in a safe place.
- Respond to me quickly when I cry or show you that I'm hungry or tired.

6 - 12 months



I can listen to you and understand a lot. I may try to sit, hold, lift and drink from a cup, and crawl.

I like to play and learn by:

- Picking up things and throwing them.
- Knocking things over to see what happens.
- Crawling over you as you sit on the ground.
- Holding on to a chair to pull myself up to a standing position.
- Putting things in my mouth.

Ways you can help me feel safe and get stronger:

- Hold me often.
- Help me roll and/or push objects on the floor.
- Play, crawl, and chase with me on the floor.
- Put things that break and little things that I could choke on in a safe place.

12 - 24 months



I love to move around, have lots of energy and want to check out everything.

I like to play and learn by:

- Bouncing lightly on my little legs.
- Picking up books and looking at the pictures.
- Playing hide-and-seek.
- Taking walks with you holding my hand.

Ways you can help me feel safe and get stronger:

- Let me hold the couch and try to take steps.
- Lightly hold me as I stand and bounce.
- Play hide-and-seek with me until I get tired.
- Make a safe place for me to run and fall onto pillows.
- Hold my hand and take me for short walks every day.
- Make sure bookcases and cabinets are safely fastened to the wall.

2 - 3 years old



I can walk, talk, and ask to play.
Playing together every day is
important for my health.

I like to play and learn by:

- Running
- Dancing
- Jumping
- Swinging
- Riding a tricycle
- Rolling on the floor
- Pretending to be different animals

**Ways you can help me feel safe
and get stronger:**

- Limit my TV watching to shows for young children and only one- or two-hours-a-day.
- Walk with me every day.
- Dance with me to songs on the radio.
- Help me jump over pillows.

3 - 5 years old



I will want to do what my parents/ caretakers do. Teach me healthy habits by actively playing with me every day.

I like to play and learn by:

- Running, swimming, hopping and jumping.
- Tossing pillows, dancing and tumbling.
- Playing catch, chase or Simon-says with others.
- Swinging at the park.

Ways you can help me feel safe and get stronger:

- Toss me a soft ball or pillow and let me toss it back.
- Get excited when I show you new things I can do.
- Hug me when I fall or hurt myself.
- Play with me as often as you can.
- Find play buddies my age for me.



Help me take the first steps to an active life.

- Spend time playing with me. It makes me feel special.
- I watch and do what my parents/caretakers do. If you are active, I will want to be active too.
- Have fun! The more I enjoy an activity, the more often I will want to do it.
- Set a limit on the amount of time our family watches television.
- The more time I spend watching television, the more likely I may become overweight.



**Adapted from materials developed
by the Office of the Texas WIC Program**



North Carolina Department of Health and Human Services
Division of Public Health | Nutrition Services Branch
www.ncdhhs.gov | www.nutritionnc.com

N.C. DHHS is an equal opportunity employer and provider. 8/12

NSB#1440