

Mancelona: 201 E State St. Mancelona

Central Lake: 8066 State St. Central Lake

Your toddler’s active lifestyle:

* 1 in 10 children age 2 or younger are overweight
* By age 3, they can kick a ball and climb stairs without help
* Fun, active play is as simple as walks, playgrounds, throwing or kicking balls
* By encouraging your child to stay active lays groundwork for a lifetime of good habits.

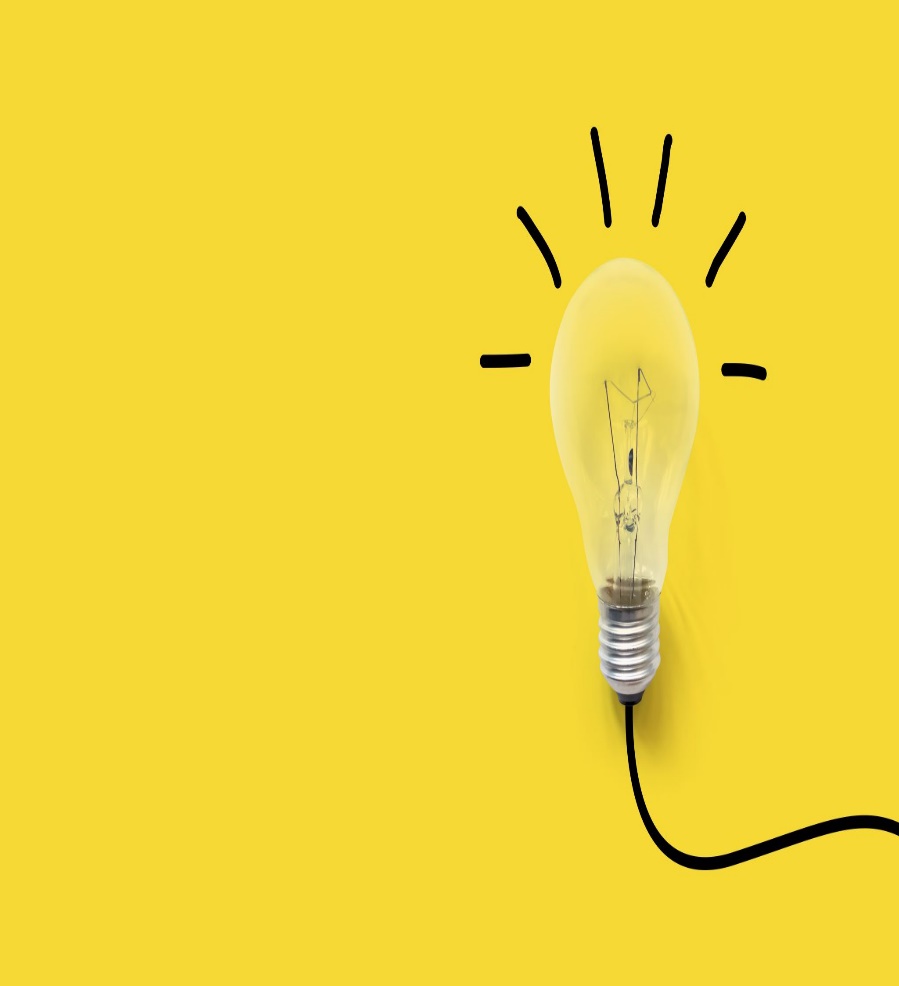
Making Mealtimes Pleasurable

Expect there to be bumps along the way as your toddler is learning good eating habits. Here are a few tips to help:

* Introduce new foods in small amounts
* Time meals and snacks when your child is hungry, but not starving
* Make food look appetizing
* Be good company, talk about the food, and offer more

Nutrition

Health

**Mental health**

When you are feeling lonely:

Socialization with other adults can help new parents deal with feelings of isolation.

* Maintaining friendships is healthy for your emotional well-being
* Having “you time” is important for your sense of self
* Team up with other parents for playdates, lunches, walks in the park, or other outings.

**Tooth decay is the most common infectious disease in children.**

Risk factors for tooth decay:

* Sleeping with bottle of formula, milk, or juice
* Drinking frequently from a no-spill sippy cut
* Exposure to second-hand smoke

**Dental**