



talking to parents and caregivers

CONVERSATIONS

TALKING TO PARENTS AND CAREGIVERS

Adults have different beliefs, awareness, opinions and experiences when it comes to feeding children and developing their eating “habits.” Most adults developed their eating habits from their parents and how they were raised. For example, those who were never exposed to seafood nor grew up drinking sweet tea or soda are most likely to raise their children the same way.

Discussing the healthy habits you have cultivated at home for your family may inspire other parents and caregivers to think about their own. In America, convenience is key and often results in food choices that are fast and easy, and may not be as healthy as other alternatives. Use this guide to help you start conversations with your friends about how we feed our children.

DID YOU KNOW...

The American Academy of Pediatrics’ policy recommends no juice before 12 months, 4 ounces or less per day for toddlers ages 1 - 3 years, 4 - 6 ounces for ages 4 - 6, and 8 ounces or less for ages 7 - 18.

SUGGESTED QUESTIONS

1. What beverage do you and your family drink the most of most days?
2. How much juice do you allow your kids to drink?
3. What are your children eating for meals and snacks during the day?
4. How many daily medications does your child take, if any?
5. Have you heard of Dr. Julie Wei and the Healthy Kids Movement?
6. What concerns do you have about your child's health?
7. Does your child seem "sick" all the time? Does his or her doctor(s) know why?

STAY IN TOUCH

The Healthy Kids Movement

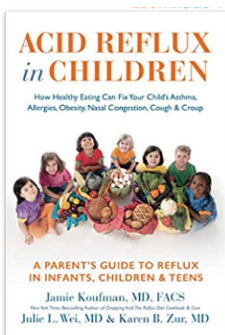
Learn more about *The Healthy Kids Movement* at www.drjuliewei.com and click on the icons below to join the conversation.



A Healthier Wei: Reclaiming Health For Misdiagnosed and Overmedicated Children

Dr. Julie Wei's first book shares tips on how to live A Healthier Wei. It expands on many topics related to MCD, such as anatomy, health care and health culture. It will also teach you how to navigate nutrition and make quick and easy meals for your family.

[**BUY NOW**](#)



Acid Reflux In Children: How Healthy Eating Can Fix Your Child's Asthma, Allergies, Obesity, Nasal Congestion, Cough & Croup

Co-authored by Dr. Julie Wei, Acid Reflux in Children is the revolutionary book for parents who want to help their children lead healthy, active lives, free of acid reflux and the many other symptoms this condition can create.

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