

Empower Home Visiting Standards

- 1. Infant Feeding (0-6 months)**
Support and encourage breastfeeding efforts. Help parents recognize and respond to baby's hunger and fullness cues.
- 2. Oral Health**
Encourage parents and caregivers to introduce a tooth brushing routine appropriate for every member of the family (parents, infants and children).
- 3. Infant Feeding (6-12 months)**
Guide parents and caregivers to introduce first foods at a developmentally appropriate time and in appropriate quantities.
- 4. Toddler/Child Feeding**
Work with families to incorporate healthy eating habits. Highlight opportunities for families to make small changes over time.
- 5. Fruit Juice**
Recommend parents and caregivers to limit servings of fruit juice to 4-6 ounces per day for children 12 months and older.
- 6. Physical Activity**
Promote physical activity to all members of the family. Offer ways to include physical activity for a variety of settings and abilities.
- 7. Screen Time**
Encourage families to modify screen time to include developmentally appropriate content that engages family members in physical activity.
- 8. Family-Style Meals**
Advise parents and caregivers to serve meals family-style. Provide suggestions with ways to introduce family-style meals over time.
- 9. Cooking**
Provide resources and tips to help families prepare healthy and affordable meals at home.
- 10. Food Safety**
Share basic recommendations to help families be food safe.