

TRUST ME. TRUST MY TUMMY.



A positive relationship with food starts early in life with healthy eating habits—how you approach feeding and mealtimes is just as important as what you offer.

YOU DECIDE:



- ✓ What foods to offer
- ✓ When to offer meals and snacks
- ✓ Where your child will eat

TRUST YOUR CHILD TO DECIDE:



- ✓ Which foods to eat
- ✓ How much to eat

Create healthy habits for life by making eating a social and enjoyable time.



TIPS FOR BUILDING HEALTHY EATING HABITS FOR CHILDREN 1-5 YEARS OF AGE

- ✓ Provide a meal or snack every 2 1/2 to 3 hours, instead of frequent snacks or a snack too close to mealtime
- ✓ Offer small portions of food
- ✓ Allow your child to say “no thank you” or “more please”
- ✓ Patience is better than pressure; if you say or do something to get your child to eat, it is likely a form of pressure
- ✓ Even positive pressure like praising, bribing or applauding will not help your child to eat more
- ✓ Let your child choose what and how much to eat from the foods you offer
- ✓ Have your child seated at a table for both meals and snacks
- ✓ Keep meal and snack times free of toys, screens and other electronics
- ✓ Let your child leave the table when they are full; about 15 to 20 minutes is enough time to eat
- ✓ Let your child feed themselves
- ✓ Serve beverages in an open cup
- ✓ Enjoy eating together as a family



For family nutrition information visit york.ca/FeedingKids and unlockfood.ca

Speak to a registered dietitian at no cost - call Health Connection at 1-800-361-5653 or chat live at york.ca/NurseChat.

After hours, visit ontario.ca/health811 or call 811.

PUBLIC HEALTH

1-800-361-5653

TTY 1-866-512-6228

york.ca/FeedingKids