

FEEDING YOUNG CHILDREN

Tips for building healthy eating habits



Children eat best when...

The parent or caregiver decides:

- What foods to offer
- When to offer meals and snacks
- Where to eat



The child decides:

- Which foods to eat from the food that is offered
- How much to eat

- ✓ Provide a meal or snack every 2½ or 3 hours instead of snacking throughout the day
- ✓ Offer small amounts of food to start
- ✓ Your child can say “no thank you” or “more please”

Patience works better than pressure

- Your child is more likely to enjoy foods when eating them is their own choice
- Don't worry if your child eats only a little or nothing at one meal. They will make up for it with the foods offered at other meals and snacks to get what they need
- Trust your child to eat enough food over time

Feed their independent spirit at meal times

- Encourage your child to make their own food choices from the healthy foods you offer
- Your child learns by serving themselves
- Let your child feed themselves
- 15 to 20 minutes is enough time to eat. Let your child leave the table when they are done.



Enjoy eating together as a family. Your child learns from watching you. Keep mealtime free of toys, television, phones and other screens.

To speak with a Registered Dietitian for free, call :
Telehealth Ontario at **1-866-797-0000**.
For nutrition information, visit www.unlockfood.ca



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