

## FEEDING YOUR CHILD WITH LOVE AND CARE

### *Checklist for Parents*

- Eat together at the dinner table more often
- Make meal times pleasant and talk about your day
- Let your child help you prepare meals or set the dinner table
- Turn off the T.V. during meal times
- Don't play games at meal time to get children to eat
- Offer a variety of foods from Canada's Food Guide to Healthy Eating
- Serve meals and snacks at around the same time each day
- Offer milk and juice at meal or snack time but not in-between
- Offer small portions and serve more if the child wants
- Let your child eat as much or as little as she wants from the food you offer
- Encourage your child to feed himself even if he makes a mess
- Serve a new food along with a food your child knows and likes
- Be patient! It can take many times before your child will try a new food
- Limit the amount of juice to 4-6 oz ( $\frac{1}{2}$  -  $\frac{3}{4}$  cup) per day
- Teach him how to say no politely if he does not want to eat
- Be positive yourself and try new foods with your child