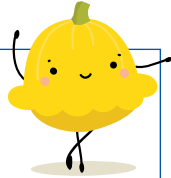


Trust Me. Trust My Tummy.

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:



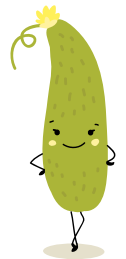
- ✓ Which foods to eat
- ✓ How much to eat

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



Tips for building healthy eating habits:

- ✓ Provide a meal or snack every 2 ½ or 3 hours instead of snacking throughout the day
- ✓ 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
- ✓ Keep mealtime free of toys, television or 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
- ✓ Enjoy eating together as a family



For more information

Visit www.smdhu.org/ChildHealthyEating

Contact **Health811**, 24 hours, 7 days/week to speak to a registered nurse or registered dietitian, at no cost. Call **811** or toll free **1-866-797-0000** or live chat at ontario.ca/health811



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Your Health Connection

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