

Feeding Your Child

The golden rule for feeding children is to divide responsibility between parents and children.

Parents Decide:

what food is offered

- Provide a variety of foods from the four food groups of Canada's Food Guide.
- Aim to have 3-4 food groups at each meal.
- Aim to have 2 food groups at each snack.

when food is offered

- Set regular meal and snack times.
- Avoid offering any food or drinks (except water) between meals and snacks. This helps children come to the table hungry.

where food is offered

- Eat together as a family. This lets adults role model healthy eating.
- Remove distractions. Turn off the TV and don't bring toys to the table.
- Use this family time to chat about the day's events.



Children Decide:

how much to eat

- Understand that it is normal for children to be very hungry on some days and not hungry on other days.
- Allow children to eat more when they are hungry and stop eating when they are full.
- Remove uneaten food from the table without comment.

whether to eat

- Understand that it is ok for a child to skip a meal or snack once in a while.
- Never force a child to eat or punish them for not eating.
- Do not use dessert as a bribe or reward for eating other foods.

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