

# 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:



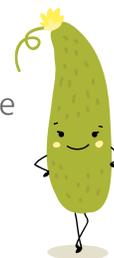
- ✓ Which foods to eat
- ✓ How much to eat

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



## TIPS FOR BUILDING HEALTHY EATING HABITS:

- ✓ Provide a healthy 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 family nutrition information visit [york.ca/feedingkids](http://york.ca/feedingkids) and [unlockfood.ca](http://unlockfood.ca)  
To speak to a registered dietitian call TeleHealth Ontario at **1-866-797-0000**

### PUBLIC HEALTH

1-800-361-5653

TTY: 1-866-252-9933

[york.ca/feedingkids](http://york.ca/feedingkids)

18-5303

**York Region**