



**Trust me.  
Trust my tummy.**

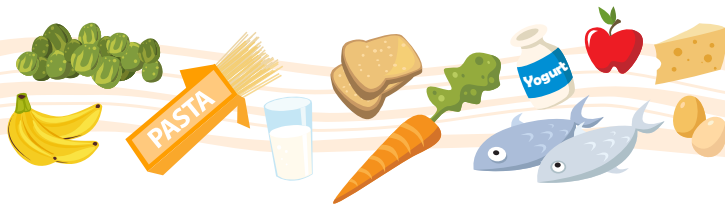
**Healthy eating habits start  
with a spoonful of trust and  
a slice of patience — let your  
child decide how much to eat.**

## **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**



**To help encourage healthy eating habits for a lifetime, make eating a social and enjoyable time.**

## **Tips for building healthy eating habits:**

- **Provide a healthy meal or snack every 2 or 3 hours**
- **Seat your child at the table for meals and snacks without TV or toys**
- **Offer small portions of food**
- **Allow your child to say “no thank you” or “more please”**
- **Let your child feed themselves**
- **Let your child leave the table when they are full. 20-30 minutes is enough time to eat**
- **Keep mealtime free of pressure**
- **Eat together as a family whenever possible**



**Trust me.  
Trust my tummy.**

**For more information about  
feeding you and your family visit  
[www.york.ca/nutrition](http://www.york.ca/nutrition)**

**To speak to a registered dietitian at  
no cost call *EatRight* Ontario at  
**1-877-510-5102****



**York Region**

Community and Health Services