

# How can I encourage my child to eat breakfast?



**Do you rush out the door for work with only a coffee in hand?** Children learn best by watching their parents' positive behaviours. It's very hard to ask your children to eat breakfast if you don't. One tip for getting your kids to eat in the morning is to set a good example. Give yourself a few extra minutes each morning to enjoy a healthy breakfast with your family.

**Remember, your children are watching!**

For more information about creating a healthy school environment, visit [www.nutritiontoolsforschools.ca](http://www.nutritiontoolsforschools.ca)  
For health-related information call York Region Health Connection at  
1-800-361-5653, TTY 1-866-252-9933 or visit [www.york.ca/healthyschools](http://www.york.ca/healthyschools)

