



**Trust me.
Trust my tummy.**

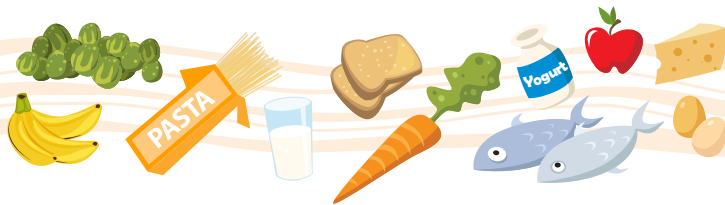
**Healthy eating habits start
with a spoonful of trust and
a slice of patience — let your
child decide how much to eat.**

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**



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**For more information about
feeding you and your family visit
www.york.ca/nutrition**

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



York Region

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Community and Health Services