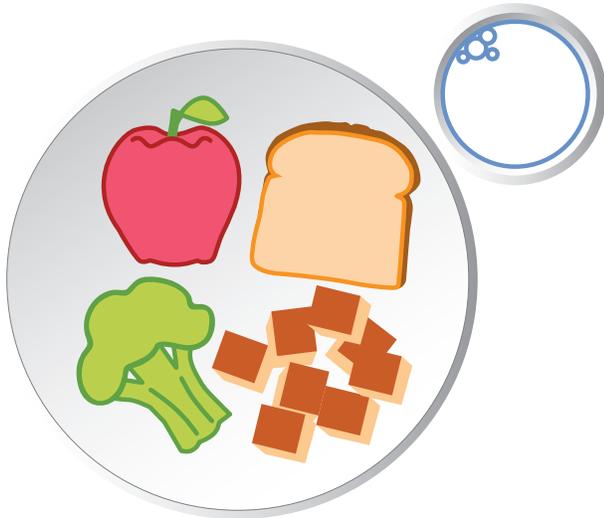


SETTING THE STAGE



How you feed your child is as important as what you feed your child. Setting the stage for good behaviors will be rewarding for you, your child, and the rest of your family.

Let Go a Little to Gain a Lot

Offer healthy foods and let your kids choose from them. Let your kids choose which foods and how much to eat. It's natural for moms to worry about their kids' eating habits. You'll find that allowing kids to choose eliminates power struggles and arguments about eating. Kids do make good choices. They also:

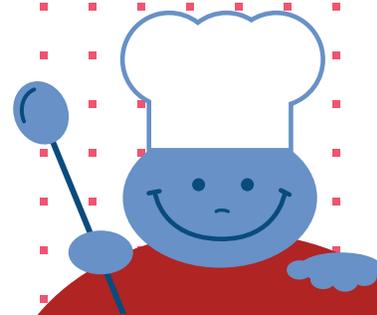
- Gain confidence
- Become more independent
- Learn to eat healthy now and for life

Let Them Serve Themselves

Your kids will learn many useful life lessons when you let them serve themselves at meal time. They learn:

- The right portion size for their bodies.
- To choose which foods to put on their plates.
- To be more aware of when they are hungry and when they are full.
- To share, take turns, and be responsible for their choices.

Teach them to take small amounts at first. Assure them they can get more if they're still hungry. Make serving themselves easier by using small bowls and utensils they can hold easily.



Patience works better than pressure.

Make serving easy with small easy-to-hold bowls and utensils

Help Your Child Learn To Love a Variety of Foods

Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them. Let them see you eating them so they will want them, too. When they taste new foods, reward them with praise instead of treats.

**Cook Together.
Eat Together.
Talk Together.**

Make Mealtime a Family Time.

Enjoy each other while enjoying family meals. Family meals help your kids learn to make healthy choices, try new foods, and improve their table manners. Keep meal time relaxed to nourish the body and help your family make stronger connections.

Here's what you can do to make meals more relaxed at your home and teach your children important lessons:

Let everyone help. Kids like to try foods they help make, so ask them to help. Give them small jobs to do, like washing vegetables.

Remove distractions. Turn off the television and computer. Wait until after mealtime to talk on the phone or text.

Let kids make choices. Set a healthy table and let everyone, including the kids, make choices about what they want and how much to eat.

Talk to each other. Focus your conversation on what you did during the day. Talk about what made you laugh or what you did for fun. For example, ask, "What was the best part of your day today?"

They learn from watching you. Eat new foods and your kids will too.

4
times
per week

Plan when you will eat together. It can be breakfast, lunch, dinner or even a snack. Try to share meals at least four times each week.



Cook Together. Eat Together. Talk Together. Make Mealtime a Shared Time.

