

I Want to Grow Up Healthy, So Please...



Understand that I may not eat all my food. Remember, my tummy is small.

Let me say "no" to foods.

Understand that sometimes I spill or get messy.

Encourage me to feed myself, please don't rush me.

Offer me a variety of healthy foods daily, especially fruits and vegetables, at regular meals and sit-down snacks.

- Don't use foods to reward, bribe, punish or comfort me.
 - Be patient, because it may take ten or more times before I will eat something new.
- I learn new skills like pouring, scooping and passing when given the opportunity to serve myself.
 - I like to help.
- Give me age appropriate finger foods for practice.
 - Protect me from choking.
- Remember, I know how much to eat, but I need help in choosing foods that will help me learn and grow.

- Everyone who cares for children has an important role in promoting their nutritional health.
- Being a good role model is the best teacher because children learn from us as we talk and eat together.
- These early years are an opportunity to develop healthy habits for a lifetime.