

FEEDING YOUNG CHILDREN

Enjoy feeding your child.

Make nutritious meals, offer a variety of foods, serve as a good role model, don't force your child to eat and RELAX.

Most young children:

- eat more slowly than adults.
- enjoy eating with adults.
- like meals served on a regular schedule.
- do better using child-sized utensils.
- change day-to-day the foods they like to eat.
- will spill food while learning to eat and helping in the kitchen.



Preparing and serving food to young children.

- Allow your child to eat with their fingers if they choose.
- Many children enjoy foods better when they are not mixed together.
- Children often enjoy a crispy, crunchy texture to foods.
- Serve foods mildly seasoned.
- Often children dislike foods with stiff or gummy texture and dry foods.
- When introducing a new food to your child also serve a familiar food your child likes.
- Make sure mealtime has a relaxing environment. Mealtime is not a good time to solve problems or vent frustrations with the family.
- Have your child take a few minutes of quiet time before asking them to sit down at mealtime.
- **DO NOT FORCE YOUR CHILD TO EAT.**



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