

Serving Love To Your Children

1. Let children decide how much food to eat. Serve small portion sizes and let them ask for more.
2. Praise children often. Focus on what they are doing right, not wrong. Do not offer food as a reward.
3. Involve your children in planning meals, grocery shopping, cooking and cleanup.
4. Enjoyable family meals together strengthen family ties.
5. Set a good example. When you eat healthful foods and exercise your children are learning to do the same.
6. Young children need only a half cup of juice each day. Serve milk and water.
7. Serve fat-free and 1% milk to children over two years of age.
8. Offer new foods often. Do not force a child to eat.
9. Offer bite-size foods for small children. Have children sit while eating to prevent choking.
10. It may take offering a new food to your child many times before they become interested in trying it.



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University of Illinois Extension provides equal opportunities in programs and employment.
This material was funded by USDA's Food Stamp Program.