

# EATING

Feeding 2- to 5-year-olds can feel like a puzzle sometimes. Your role is to provide regular, well-balanced meals in a pleasant setting.



## Develop their enjoyment and curiosity

### Cook with your child

Let them wash the vegetables and stir the dip.



### Let them prepare their own food

They can try spreading butter on their bread or cutting their banana.



### Offer them a taste

Let them lick the spoon or take a piece of grated cheese.



### Eat with your child

Sit and chat together while having a picnic in the living room.



### Introduce them to the foods you like

"I love melon! Would you like to try some? What's your favourite fruit?"



## Let your child decide when they've eaten enough.

If your child doesn't eat much at one meal, they'll have a bigger appetite at the next one, or at snack time. Hunger can vary depending on periods of growth, physical activity, emotions, etc.



### **Focus on quality rather than quantity**

Choose homemade or less-processed foods: fruit, yogurt, muffins, omelets, vegetable soup, etc.



### **Plan your meals**

This way, you'll have what you need on hand when it's time to cook. Check out the weekly specials at your grocery store for inspiration.



### **Offer a new food several times**

It can take 5 to 15 tries before your child enjoys a new food.



### **Prepare the same ingredient in different ways**

For example, apples can be eaten whole, grated, in applesauce, in pies, etc.

## **As a parent...**



**What are my own eating habits?**

**How do I organize everyday meal preparation?**

**How do I react to new foods?**

