

Parents Provide

Kids Decide



Parent's job:

- Decide what to eat
- Decide when to eat
- Decide where to eat



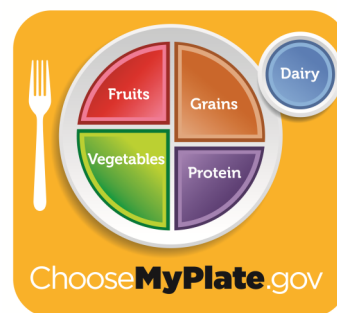
Kid's job:

- Decide if they want to eat
- Decide how much to eat

Help your child to get the right amount of food to grow into the body that is right for them!

Parents Decide What to Eat

- Buy only foods you want your child to eat.
- Serve the same foods to your whole family.
- Ask your child to try new foods, but don't force it.
- Help your child to grow healthy and strong by offering foods from all of the food groups!



Parents Decide When & Where to Eat

- Have regular times for meals and snacks. Only let your child eat during those times.
- Enjoy meals and snacks at the table together as a family. This routine can help your child to have healthy eating habits for years to come.



Kids Decide If & How Much to Eat

Letting your child decide if they want to eat and how much to eat can be very challenging! Parents often are worried that their child did not eat enough. Trust your child to eat the amount that he needs.

Remember:

- Children **may eat more some days than others**. And that is normal!
- Children's **portion sizes may be smaller** than you expect! Ask your WIC Nutrition Educator to talk about typical portion sizes for your child's age!



- Is your child **becoming full from drinks like milk or juice** instead of food? Try to cut back slowly so your child is able to get nutrition from all of the food groups!

Children aged 1-3

- Need 2 cups of dairy foods like milk, cheese, or yogurt a day.
- Limit juice to $\frac{1}{2}$ cup each day.
- Remember to offer your child water often throughout the day!



Children aged 4-5

- Need $2\frac{1}{2}$ cups of dairy foods like milk, cheese, or yogurt a day.
- Limit juice to $\frac{1}{2}$ to $\frac{3}{4}$ cups each day.



Try not to:

- Try not to make your child stay at the table until a certain food is eaten.
- Try not to pressure your child to clean her plate.
- Try not to start preparing separate foods or meals from the rest of the family.
- Try not to use "treats" like cookies or candies as rewards.

Resources: Myplate.gov, aap.org, ellynsatterinstitute.org

Photocredit: istockphoto

