

At first, newborns decide when and how much to eat.



As they start to eat family foods (around 6 months), the division of responsibility changes.



The Feeding Relationship

Parents are Responsible for:

- 1) What to eat
- 2) When to eat
- 3) Where to eat



Children are Responsible for:

- 1) How much to eat
- 2) Whether to eat



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Kid-Friendly Food Ideas

- Mini omelette with veggies and cheese
- Soft tortillas filled with beans, meat or eggs
- Homemade soup
- Pasta with homemade cheese sauce
- Meatballs and noodles
- Cooked fish in a bun
- Chili and rice
- Yogurt mixed with fruit and granola
- Fruit with yogurt to dip into
- Egg, tuna or chicken salad sandwich
- Crackers and cottage cheese

NHCP Healthy Eating Team August 2014



Everyone has a job when it comes to feeding

Parents' Feeding Jobs:

- Choose and prepare food
- Provide regular meals and snacks
- Make eating times pleasant: shut off the TV
- Model mealtime behaviour
- Offer only healthy snacks and water between meals
- Offer a variety of foods from each food group



Kids' Feeding Jobs:

- Decide on amount to eat
- Learn to eat what their parents eat
- Learn to behave nicely at mealtimes



Kids ONLY need milk or water to drink

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