

Tips for Promoting Healthy Eating Behaviours in children



Don't force your child to eat

Most children can naturally self-regulate their food intake by listening to their internal hunger and fullness cues. Forcing them to eat can negatively affect their relationship with food and cause them to dislike certain foods.

Acknowledge your child's hunger and fullness signals

As parents you are responsible for providing a variety of foods, while allowing your children to decide what foods and how much to eat based on their internal cues.



Use neutral language

Avoid negative language around food and categorizing foods as good or bad. Do not use food as a bribe, reward, or punishment. Instead, encourage your children to eat a variety of foods without any pressure.

Develop an regular eating schedule

Having regular meal and snack times every day creates a healthy routine and can prevent children from becoming too hungry or too full when it is time for a scheduled meal. This also ensures that they get the nutrients they need for good health.



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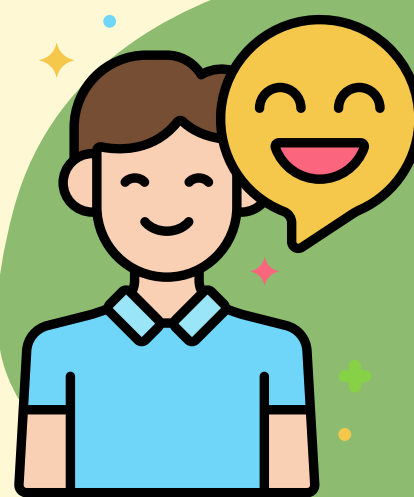


Eat together as a family as often as possible

This is a great opportunity to show your enthusiasm for foods that you like and comment on their taste, texture, and smell. Your children will feel more comfortable to explore new foods when they see others eating and enjoying different types of food.

Create a pleasant atmosphere during mealtimes

Make mealtimes pleasant by respecting your children eating pace, having positive conversations, and avoiding distractions such as television and other screens.



Get your children involved

Allow your child to help in meal planning, shopping, and preparation of meals. This can be a great opportunity to teach your children about healthy eating.

Be a role model

Make sure to set a good example by eating and enjoying a variety of foods. Your children are more likely to accept new foods and make healthy choices if you do.



Read more about how to foster positive eating behaviours in kids

English:

<https://www.ellynsatterinstitute.org/how-to-eat/>

<https://www.unlockfood.ca/en/Children.aspx>

<https://www.unlockfood.ca/en/Articles/Adolescents-teenagers/Parent-and-Caregivers-Influence-on-Children's-Eating-Habits.aspx>

<https://www.eatright.org/health/wellness/healthy-habits/5-ways-to-help-kids-develop-healthy-habits>

<https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/>

https://dairyfarmersofcanada.ca/sites/default/files/2020-06/Feeding_Children_Ages_1to5_0.pdf

<https://www.dove.com/ca/en/dove-self-esteem-project/help-for-parents.html>

<http://www.vch.ca/public-health/pregnancy-parenting/preschoolers/eating-nutrition>

<https://www.healthlinkbc.ca/choosing-healthy-food-infants-children-and-youth>

French:

<https://guide-alimentaire.canada.ca/fr/conseils-pour-alimentation-saine/parents-et-enfants/>

<https://naitreetgrandir.com/en/feature/>

<https://extenso.org/article/l-assiette-intelligente/>

<https://www.extenso.org/etapes-de-la-vie/jeunes-0-17-ans/enfants/>