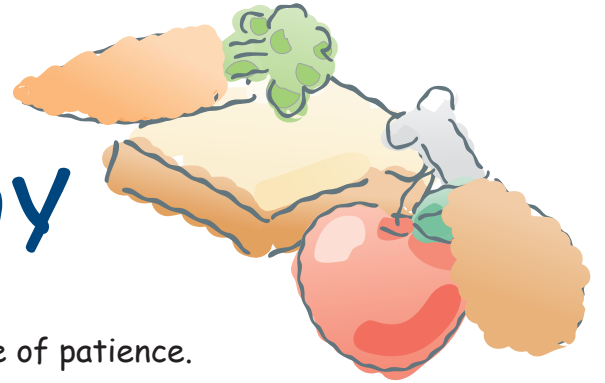


# Trust me Trust my tummy



Healthy habits start with a spoonful of trust and a slice of patience.

Let your child decide how much to eat.

## The first 6 months

Breastfeeding is the best way to feed your baby. It should be their only food for the first six months. Breastfeed on demand - not on a schedule. Let your baby show you when they are hungry and when they are full.

Healthy babies come in all weights, shapes, and sizes. Try not to compare your baby to other babies. Your baby is growing well if they have a steady weight gain.

At six months, it is time to introduce new foods. Meals and snacks should be on a set schedule but continue to offer breastmilk on demand.

## Help your child become a healthy eater

When your children start to eat table foods they learn how to eat, how to tell when they are hungry or full, and what is good eat. You can help your children learn to eat the right amounts of nutritious foods that will help them grow into healthy adults.

### You decide:

- What foods to offer
- When to offer meals and snacks
- Where your child will eat

### Trust your child to decide:

- Which foods to eat
- How much to eat

Make eating a social and enjoyable time. Often children will refuse to eat at a meal or snack if they aren't hungry. Don't force your child to eat.

You will encourage healthy eating habits that last a lifetime!

## Tips for building healthy eating habits:

- Provide a healthy meal or snack every two to three hours. No nibbling between snacks & meals.
- Seat your child at the table for meals & snacks without TV or toys.
- Offer small portions of food.
- Allow your child to say "no thank you" or "more please."
- Let your child feed themselves.
- Let your child leave the table when they are full (20-30 minutes is enough time to eat).
- Keep mealtime free of pressure.
- Eat together as a family whenever possible.
- You are your child's most important role model, so practice healthy eating habits yourself.

If you are worried about your child's eating habits or weight gain (too much or too little) talk to your health care provider, public health nurse or a registered dietitian.

Visit [www.huroncounty.ca/health](http://www.huroncounty.ca/health) for more information on:

- Breastfeeding
- Introducing solid foods
- Making homemade baby food
- Feeding your baby or young child
- Picky eaters
- Other child health information

Check out our food blog by the Public Health Dietitian: [www.hereonfood.ca](http://www.hereonfood.ca)

## Additional Websites

### Breastfeeding

- LaLeche League Canada [www.lllc.ca](http://www.lllc.ca)
- Dr. Jack Newman [www.drjacknewman.com](http://www.drjacknewman.com)

### Parenting

- Caring for Kids [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

### Nutrition

- Canada's Food Guide [www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)
- EatRight Ontario [www.eatrightontario.ca](http://www.eatrightontario.ca)

### Child Feeding

- Elyn Satter Associates [www.elynsatter.com](http://www.elynsatter.com)

