

HEALTHY RELATIONSHIP WITH FOOD

Are you curious about how to help your child eat well, have a healthy weight and develop a healthy relationship with food?

Ways to help children develop a healthy relationship with food:

- ◆ Offer 3 meals and 2-3 snacks regularly throughout the day.
- ◆ Offer a variety of healthy foods. Offer your child the same foods as the rest of the family.
- ◆ **Let children decide whether to eat and how much to eat.**
- ◆ If your child refuses to eat, remove uneaten food without comment. A skipped meal will not harm a healthy child.
- ◆ Never force or bribe your child to eat.
- ◆ Don't withhold food as punishment or offer it as a reward.

Healthy foods served in a relaxed family atmosphere is the best way to help children develop a healthy relationship with food:

- ◆ Enjoy food together - sit down and eat with your child!
- ◆ Turn off the TV, cell phones and other devices.
- ◆ Keep family meals positive and supportive. Check out the meal time conversation ideas at [BetterTogetherBC](#).

Trust that healthy children will eat what they need. If your child is not growing well or has health issues, contact your health care provider.

For more information:

- ◆ Your local [Public Health Unit](#)
- ◆ [Dietitian Services at HealthLink BC](#) or dial 8-1-1 and ask to speak to a Registered Dietitian (a free call)
- ◆ [BetterTogetherBC](#)
- ◆ [Ellyn Satter Institute](#)
- ◆ [Canada's Food Guide](#)