

# Adult Provides, Child Decides

Follow this simple method to help your child eat well



## Parent/Adult Decides...

- ✓ **WHAT** foods to offer
- ✓ **WHEN** to offer foods
- ✓ **WHERE** to offer foods

### Be Patient!

It is normal for children to eat only foods they know and they may have to see the food many times before they decide to try it.

## Free Online Resources

- ✓ [Ellyn Satter, Dietitian](#)
- ✓ [Canada's Food Guide](#)
- ✓ [HealthLink BC Dietitian](#) call 8-1-1 (toll-free)
- ✓ [HealthLink BC Nutrition Resources \(Babies & Children\)](#)

Children learn to eat by eating with you!



### Trust Your Child!

Offer your child 3 meals and 2-3 snacks a day. Children will eat as much or as little as they need.

## Child Decides...

- ✓ **WHETHER** to eat
- ✓ **HOW MUCH** to eat

*Eat with your child without pressuring him to eat!*

This is the only thing that helps your child accept new foods. Forcing, bribing or shaming kids to eat does not work! It may slow down acceptance of new foods and increase the risk of eating problems.

If you have concerns about your child's growth or nutrition, contact your child's doctor, nurse or call [HealthLink BC Dietitian Services](#) at 8-1-1



Learn more info about raising a child who is a joy to feed at [www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding](http://www.ellynsatterinstitute.org/how-to-feed/the-division-of-responsibility-in-feeding)

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