

Adult Provides, Child Decides

Follow this simple method to help your child eat well

Children learn to eat by eating with you!

Adult decides:

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



Child decides:

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

Be patient

It is normal for children to refuse new foods at first. Some children may need to see a new food 20 times or more before they decide to try it.

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. A skipped meal won't harm a healthy child.

Avoid pressure at mealtimes

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.

More Information

[Division of Responsibility in Feeding | Ellyn Satter](#)

[Reframing Picky Eating | Island Health](#)



[Nutrition Resources | Island Health](#)

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

