

Raising a Healthy Happy Eater

Video Key Messages

Maintain the division of responsibility

Parents are responsible for deciding **what, where, and when** foods are offered. Children are responsible for deciding **whether** they eat and **how much** they eat.

Children are born with the ability to listen to their bodies. They eat when they are hungry and stop when they are full. When parents try to control how much children eat, it interferes with this natural ability.

Focus on your jobs with feeding and allow your child to do their jobs with eating.

Normal eating habits of children

It is normal for children's likes and dislikes and the amount of food they eat to change from day to day. Young children often prefer their foods not touch or be mixed together.

Eating is a learning process and children rely on their senses of sight, touch, smell, sound, and taste to experience a food before trying it. It can take offering a new food 12 or more times before a child may accept it. New foods take time and it is important they are offered without pressure.

This resource is intended to supplement the Raising a Healthy Happy Eater video and should not be used as a stand-alone resource. If you have questions or concerns about your child's eating, please talk with your healthcare provider.

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

Developed by SHA Public Health Nutritionists
Nutrition and Food Services



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