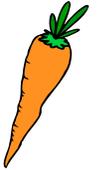




Steps to Happy and Healthy Mealtimes



1. **Be a Good Role Model.** Children learn by observing. If they see you eating and drinking healthy foods, they will want to do the same.
2. **Eat Meals with the Children.** Children who eat with adults are happier, have better table manners, and choose healthier foods.
3. **Make Mealtimes Pleasant.** Have a "no nagging" at the table rule. Teach table manners but expect messes.
4. **Allow Children to Help in the Kitchen Whenever Possible.** If children help you make healthy food, they are more likely to eat it!
5. **Introduce New Foods Often.** Tastes develop and change over time. Relax and let children try new foods at their own pace.
6. **Reward with love, not food.** Children love positive attention! Take children to the park or read them a book instead of giving them food treats to reward good behavior.

