

EATING

Feeding 2- to 5-year-olds can feel like a puzzle sometimes. Your role is to provide regular, well-balanced meals in a pleasant setting.



Develop their enjoyment and curiosity

Cook with your child

Let them wash the vegetables and stir the dip.



Let them prepare their own food

They can try spreading butter on their bread or cutting their banana.



Offer them a taste

Let them lick the spoon or take a piece of grated cheese.



Eat with your child

Sit and chat together while having a picnic in the living room.



Introduce them to the foods you like

"I love melon! Would you like to try some? What's your favourite fruit?"



Let your child decide when they've eaten enough.

If your child doesn't eat much at one meal, they'll have a bigger appetite at the next one, or at snack time. Hunger can vary depending on periods of growth, physical activity, emotions, etc.



Focus on quality rather than quantity

Choose homemade or less-processed foods: fruit, yogurt, muffins, omelets, vegetable soup, etc.



Plan your meals

This way, you'll have what you need on hand when it's time to cook. Check out the weekly specials at your grocery store for inspiration.



Offer a new food several times

It can take 5 to 15 tries before your child enjoys a new food.



Prepare the same ingredient in different ways

For example, apples can be eaten whole, grated, in applesauce, in pies, etc.

As a parent...



What are my own eating habits?

How do I organize everyday meal preparation?

How do I react to new foods?

