

# Nutrition Facts

## Trust Me Trust My Tummy

Healthy habits start with a spoonful of trust and a slice of patience. Let your child decide how much to eat.



## In the beginning

For the first 6 months of a baby's life, only breast milk is needed. Breastfeed based on your baby's feeding cues; not on a schedule. Let your baby show you when they are hungry and when they are full.

Healthy babies come in all weights, shapes, and sizes. Try not to compare your baby to other babies. Your baby is growing well if they have a steady weight gain.

At about six months, it is time to introduce solid foods. Meals and snacks can be on a set schedule but continue to breastfeed based on your baby's cues.

## Help your child become a healthy eater

When your child starts to eat table foods, they learn how to eat, how to tell when they are hungry or full, and what is good to eat. Parents and children have different roles to play in the feeding relationship.

## You decide: Trust your child to decide:

- |                                  |                      |
|----------------------------------|----------------------|
| • What foods to offer            | • Which foods to eat |
| • When to offer meals and snacks | • How much to eat    |
| • Where your child will eat      |                      |

Make eating a social and pleasant time. Often children will refuse to eat at a meal or snack if they aren't hungry or are distracted. Don't force your child to eat.

You will encourage healthy eating habits that last a lifetime!

# Tips for building healthy eating habits:

- Breastfeeding is encouraged for up to two years or longer.
- Provide a healthy meal or snack every two to three hours. No extra nibbling between snacks & meals. Offer only water in between.
- Seat your child at the table for meals & snacks without screens or toys.
- Allow your child to say “no thank you” or “more please.”
- Let your child feed themselves.
- Let your child leave the table when they are full (20-30 minutes is enough time to eat).
- Keep mealtime free of pressure. Patience works better than pressure
- Eat together as a family whenever possible.
- You are your child’s most important role model, so show them your healthy eating habits.

If you are worried about your child’s eating habits or growth, talk to your health care provider, Public Health Nurse or a Registered Dietitian.

Visit [www.healthunit.com](http://www.healthunit.com) for more information on:

- Introducing solid foods
- Making homemade baby food
- Feeding your baby or young child
- Picky eaters
- Family meals



## Additional Websites

### Breastfeeding

- Middlesex-London Health Unit [www.healthunit.com/breastfeeding](http://www.healthunit.com/breastfeeding)
- La Leche League Canada [www.lllc.ca](http://www.lllc.ca)

### Parenting

- Caring for Kids [www.caringforkids.cps.ca](http://www.caringforkids.cps.ca)

### Nutrition

- Canada’s Food Guide [www.canada.ca/foodguide](http://www.canada.ca/foodguide)
- Dietitians of Canada [www.dietitians.ca](http://www.dietitians.ca)
- Dietitians of Canada’s UnlockFood.ca website [www.unlockfood.ca](http://www.unlockfood.ca)



### Child Feeding

- Ellyn Satter Institute [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)

**To speak to a Registered Dietitian call Telehealth Ontario at 1-866-797-0000.**

Adapted with permission from Huron County Health Unit, and York Region Community & Health Services.