


# Feeding my Family — Everyone Has a Job

The parenting approach you take will depend on the age and development of your child(ren)/teen(s). Read through the list below.

Put a check mark  next to the things you are doing well.

Circle any areas that could help your family.

## PARENT/CAREGIVER ROLES

- Provide structure around meals and snacks.
  - Aim to offer foods every few hours, and keep meals and snacks around the same time every day.
  - “Close the kitchen” between snacks and meals. Reassure your child about when the next snack or meal will be offered.
  
- Create a supportive eating environment
  - Encourage light conversations around the dinner table.
  - Do not pressure your children to eat a certain type or amount of food.
  - Encourage your children to listen to their body’s hunger and fullness signals.
  - Limit distractions such as television and other electronics.
  - Consider asking other caregivers to support your family’s goal(s) for healthy eating.
  
- Eat together
  - Children who eat with their families develop good eating habits, better nutrition, improved communication skills, and an increased sense of belonging.
  
- Model healthy eating habits.
  - Children learn by watching others. Role model the behaviours you want them to develop.
  
- Involve all family members in meal planning
  - Include your kids in meal planning. This can encourage them to try new foods, and help them know what to expect for meals and snacks during the week.
  - Include your kids in meal preparation to help them develop basic food skills.
  
- Provide opportunities to try new foods
  - Offer a variety of vegetables, fruit, grains, fish, beans and lentils to help expose your children to new foods. It may take several exposures before they accept these foods.
  - Introduce one new food at a time, and offer it along with foods that are familiar to your children.