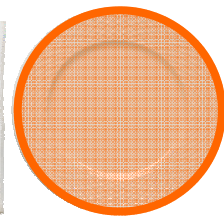
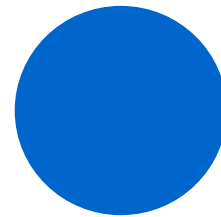


Take time for meals

HERE ARE SOME TIPS FOR FAMILY MEALS

- Allow children to help prepare meals, even if just sprinkling cheese on a salad.
- Let children decide how much to eat. They know when they're hungry and when they're full.
- Introduce new foods with the *"No Thank You" Bite Technique*. Ask children to take one bite of a new food. After tasting, let them choose whether they want to eat more.
- Turn off the TV during meal times. Try playing music for background sound.



Mealtimes are a great time to be a positive role model for children.