

Mealtime Becomes Family Time

Eating together as a family can have a positive influence on your child's eating habits. Here are some tips to make the most of mealtimes:

- Involve your child such as asking him/her to put napkins or cutleries on the table
- Place serving dishes of food on the table so your child can decide what and how much he/she can eat
- Be patient when your child is trying a new food. It can take up to 8-10 tastes (a lick, bite or spoonful)
- Introduce new foods twice a week and pair it with a familiar food

For more information, call Toronto Health Connections at 416-338-7600 or visit www.toronto.ca/health (see A-Z index, Nutrition—Nutrition Matters).

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