

C-7 My Child's Appetite



Appetites go up and down – sometimes daily! This is a normal part of growing up.

What's My Role?

- I decide *what* foods to offer at meals and snacks.
- I decide *when* to offer meals and snacks.
- I decide *where* to offer meals and snacks.

What's My Child's Role?

- My child decides *whether* to eat or not.
- My child decides *how much* to eat of each food offered.

Why Do Appetites Change?

- My child may not like the taste or texture of certain foods.
- My child may want to be more independent.
- My child may be focused on emotions like being tired, excited, or angry.

What We Can Do Together to Prepare for Meal and Snack Times

- Turn off screens and putting away toys to limit distractions.
- Wash hands.
- Choose and prepare foods.
- Set the table.

How to Support Positive Meal and Snack Times

- Offer a variety of foods.
- Serve small portions of all foods.
- Encourage one bite of all foods.
- Sit as a family together.

Ways to Make Meal and Snack Times Easier

- Be a good role model – do as you say!
- Allow time for children to explore food.
- Share stories, laugh, and talk.
- Be creative and find your own ways to have fun.

Be patient!

Trust your child's appetite and stick to your role. Some days will be better than others, but you are making a difference.



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