

# Teaching your child to be a good eater

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How were you fed as a child?  
Do you want to feed your child  
the way you were fed?  
How do you feel about your  
own eating?  
Do you want your child to eat  
the way you do?



Step by step, starting with breast- or formula-feeding, then solid foods, then table food, you teach your child to be a good eater. Your child will learn to eat the food you eat.

**To feed your child, do your own jobs and let him do his jobs.**

- You decide *what*, *when* and *where* your child gets to eat.
- Your child decides *how much* and *whether* she eats—of what you make.

**Don't get your jobs mixed up with your child's jobs.**

- If you don't do your jobs, your child will eat poorly and not behave at the table.
- If you get bossy and try to do her jobs, she will fight back and not eat.

*Your jobs:*

- Have a schedule for meals and snacks.
- Refuse begging for food or drink handouts (except water) between times.
- Choose what to buy, cook and put on the table.
- Enjoy your own meal. Pay attention to your own eating.
- Keep meals pleasant. Talk and listen. Don't fight or scold. Turn off the TV.
- Let her use her fingers, fork or spoon. Let her get messy.

*Your child's jobs:*

- Learn to eat at family meal and snack times.
- Come to the table hungry and ready to eat.
- Pick and choose from what you have put on the table. Not make a fuss.
- Sneak up on new food and learn to like it.
- Decide how much and *if* she will eat. Enjoy her meal.
- Behave nicely at the table. Be good company.
- Try to eat. Not make a mess to bug you.

