



# 10 WAYS TO ENCOURAGE HEALTHY EATING HABITS IN CHILDHOOD



1

## SET THE EXAMPLE

Your habits will reflect on the habits of your child. If your plate is varied, so will your child's!



2

## TAKE THEM SHOPPING

Let your child choose new foods to try and encourage the choice of healthy foods.



3

## COOK TOGETHER

It's fun and an opportunity to encourage healthy habits.



4

## EAT TOGETHER AT THE TABLE

This should be a time for the family to socialize and interact.



5

## OFFER SMALLER PORTIONS

Very large portions can encourage overconsumption.



6

## AVOID USING FOOD AS A REWARD

Be creative! If your child deserves a reward, opt for a joint activity rather than the offer of food.



7

## DRINK WATER

And avoid sugary drinks.



8

## REDUCE SCREEN TIME

Do outdoor activities and stay active.



9

## GET ENOUGH SLEEP

Sleep is a fundamental part of the developmental process.



10

## EMPOWER AND ENCOURAGE

Celebrate the child's small achievements.