

If your child “difficult”?

- They refuse to eat green vegetables.
- They want to leave the table after eating three mouthfuls.
- They don't want to try new foods.
- They want a treat as a reward for doing something right.

This is a normal stage in their development...

- Hang in there! Lots of children ages 2 to 5 are “difficult”, but this gets better naturally over time.
- Be patient! Sometimes children must be exposed to a new food 15 times before they accept it.
- Don't worry! If they are happy and growing normally, it's a sign that they are eating enough.



For more information

Internet

Portrait of Sherbrooke youth in terms of eating habits and physical activity/sports
www.alliancesherbrookoise.ca

Visit :

www.nospetitsmangeurs.org
www.extenso.org/nutrition/enfants.php

Books

GUÈVREMONT, Guylaine et Marie-Claude LORTIE (2008).
Manger, un jeu d'enfant,
Montréal : Les Éditions La Presse.
(approximately \$ 27)

CÔTÉ, Stéphanie (2008).
Un enfant sain dans un corps sain, Montréal :
Les Éditions de l'Homme.
(approximately \$ 25).
This book can be borrowed at your
municipal library.

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The Alliance sherbrookoise pour des jeunes en santé consists of the Ville de Sherbrooke, the CIUSSS de l'Estrie – CHUS, the Commission scolaire de la Région-de-Sherbrooke, the Regroupement des centres de la petite enfance des Cantons-de-l'Est, Sherbrooke Ville en Santé, and several community organizations. This strategic partnership focuses on improving the health of Sherbrooke youth ages 17 and under, through concerted initiatives for healthy eating habits, physical activity, and sports. Québec en Forme is pleased to guide and support the Alliance sherbrookoise pour des jeunes en santé.

For more information, visit alliancesherbrookoise.ca

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Trying foods, i'm in!



How about you?

Do you ever have to...

- ... tell your children that they won't get dessert if they don't eat their vegetables?

Did you know that...

- ... this makes dessert more appealing and decreases their interest in vegetables?
- ... they might overeat to try to "earn" dessert?

Try this instead!

- Encourage them to take a small bite of vegetables and congratulate them if they do.
- Relax and don't say anything if they don't do it.
- Avoid telling them that they are being difficult.

... force your child to finish their plate?

Did you know that...

- ... they are being sincere when they tell you that they are no longer hungry?
- ... in general, children who are forced to eat tend to be more difficult and to eat less?

Try this instead!

- Offer them smaller portions and let them serve themselves.
- Believe them if they say they aren't hungry.
- Offer them a nutritious snack about two hours before the next meal.
- Give them a drink only at the end of the meal.

... give your child a treat as a reward?

Did you know that...

- ... this will increase their interest in sweets?
- ... this will encourage them to eat, even if they aren't hungry?

Try this instead!

- Reward them with something other than food.

Who is responsible for what during meals?

Parents :

- decide what's on the plate.

Children :

- choose what they will eat from the plate, based on their tastes;
- decide how much they want to eat, depending on their hunger.

Remember to trust your child!

Psst... little ones imitate adults!

If you eat healthy, your child will do so too.