

NURTURING YOUR CHILD'S PHYSICAL HEALTH: *EATING WELL*

Feeding children is not always easy. Understanding the roles around feeding between parents and children can help make mealtimes less of a struggle. You can also help build your child's independence and ability to trust their bodies and their needs.

Roles in Feeding and Eating

Parents:

- Decide what and where to eat.
- Decide when to eat by setting a regular routine for meals and snacks.
- Make mealtimes pleasant.

Trust your child to:

- Decide whether to eat
- Decide how much to eat based on internal hunger and fullness cues



Did you know?

Your own relationship with food and body can affect how you feed your child. For information on building healthy body image in young children, check out:

embodybc.com

For more information about the school physical health program, please contact your school's Public Health Nurse.

Aim to offer your child a variety of nourishing foods

Eat together and include traditional foods that bring your family joy and connection. Offering a variety of foods gives your child opportunities to learn to enjoy different foods. Our overall pattern of eating contributes to our health, and this can look different for everyone.

Have plenty of
vegetables and fruits

Eat protein foods

Make water
your drink
of choice

Choose
whole grain
foods



Eating a variety of foods can help kids **sleep better, manage emotions and stress**, give them **energy**, and even **concentrate** better at school

For tips and resources to help you encourage positive relationships with food and healthy eating habits, visit [Canada's Food Guide](#)

Looking for ideas of food to pack for school? Check out Lunches to Go

Wraps, pita pockets, and sandwiches	Rice or noodles	Other Ideas
Falafel with cucumber and tomatoes	Fried rice	Salmon, bannock and corn
Burrito with salsa	Vegetable curry	Quinoa or barley salad

Did you know?
Smaller portions of these meals can be nutritious snacks

For more quick and easy lunch and snack ideas, visit Lunches to Go: <https://vch.eduhealth.ca/en/permalink/phem1683>