

Everyone has a part to play to help Baby develop healthy eating habits!

Baby chooses



How much? The quantity of food

Baby decides how much food to eat, according to hunger. Baby can even decide not to eat at all.

As parents, you have done your part to set everything to encourage healthy eating. There is nothing to worry about if Baby is growing well even if he seems to be eating little.

Some signs your baby is hungry:

Before a meal, Baby...

- ✔ brings their hands to their mouth
- ✔ wants to nurse and makes sucking motions
- ✔ waves their arms and legs when seeing food
- ✔ tries to grab food and bring it to their mouth
- ✔ is grumpy and irritable

During the meal, Baby...

- ✔ looks at the person giving the food
- ✔ stays focused on the food

Some signs your baby is no longer hungry:

Baby...

- ✔ doesn't seem interested in the food
- ✔ turns away and closes their mouth
- ✔ pushes the spoon away or throws it
- ✔ plays or falls asleep



Turn the page to learn more
about the part parents play!



Parents decide



What? The family menu

Offer a variety of nutritious foods adapted for babies. Choose foods without added salt or sugar for your little ones.

At 6 months, offer Baby some of the foods served to the whole family. At around 1 year, Baby will be able to eat the same menu as the whole family.



Where? Where to eat

Choose a place that's appropriate for meals.

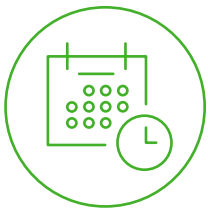
Get into the habit of eating in the kitchen or dining room. Give Baby a place at the table even if not eating the same meal.



How? Mealtimes environment

Share meals in a calm, distraction-free atmosphere.

Turn off the TV and put phones and toys away. Also avoid pressuring, bribing and negotiating to encourage your little one to eat during meals. This will only make mealtimes tense.



When? Mealtimes

Establish a routine, offering meals and snacks at around the same times of day, about every 3 to 4 hours.

The mealtime routine includes preparing the meal, setting the table, setting up the high chair, washing hands, etc.



**Children learn through imitation. Be a good role model for your little one!
Set the example by behaving the way you want them to behave.**