

Let Your Child Help

A child who helps to prepare food usually will enjoy the food more. With adult supervision, a child can do a number of tasks in the kitchen.

Remember to:

- Choose a task that matches your child's ability.
- Show your child what to do by doing it yourself.
- Allow enough time.
- Include clean-up as part of each job.
- Boost the child up on a sturdy stool.

A Recipe You Can Make With Your Child

Fruit and Dip

Seasonal fruit: apples, bananas, pears, peaches,
Yogurt, small container, any flavor

- 1) Wash the fruit, and let the child help. Explain that you are washing off the dirt.
- 2) Cut the fruit into pieces. Show your child how to cut the soft fruit with a plastic knife and help the child to do it.
- 3) Ask your child to spoon the yogurt into a small dish.
- 4) Dip the fruit pieces into the yogurt and enjoy the snack together. While eating the snack, talk about the taste, and the colors and shapes of the fruit.



Written by: Mary Novak, Family Living Educator, Kewaunee County. This information is provided by the UW-Cooperative Extension Service in cooperation with USDA and WI counties. An EEO/Affirmative Action employer, UW-Cooperative Extension provides equal opportunities in employment and programming, including Title IX and ADA requirements.

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Feeding Young Children



Practical Ideas to Help Manage Feeding

SHAPING YOUR YOUNG CHILD'S EATING HABITS



Offer healthy food choices.

Follow MyPyramid when selecting food for the family.



Offer a variety of foods.

Serve foods of different colors and textures. Exposing the child to different food helps the child to become accustomed to them.



Keep portions child size.

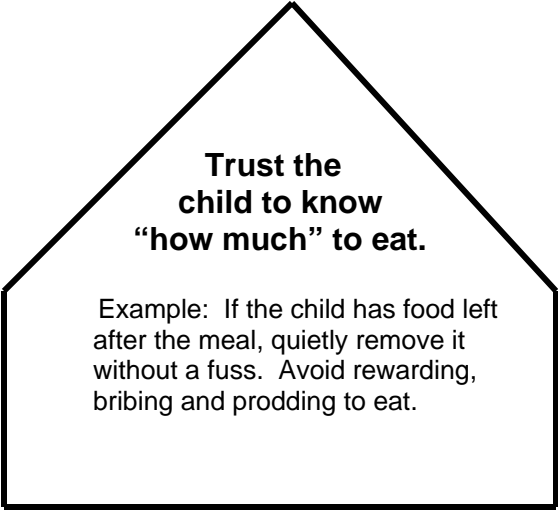
A child's appetite is likely to vary over time. In general, offer a tablespoon of each type of food for each year of the child's age.

The adult decides:

- what to eat
- when to eat
- where to eat


The child decides:

- whether to eat
- how much to eat



Trust the child to know "how much" to eat.

Example: If the child has food left after the meal, quietly remove it without a fuss. Avoid rewarding, bribing and prodding to eat.



Schedule regular times for meals and snacks.

Children need daily routines. Your child will know when to expect food and is more likely to come to the table hungry.



Set a good example.

Sit down with your child to eat meals. Turn off the television. Talk quietly keeping mealtime calm and relaxed.



Keep meals calm and relaxed.

Disliking a food is common. Avoid making an issue of likes and dislikes. Relax and enjoy eating your own meal.