

KixCare TIPS

How Do I Introduce New Eating Routines to My Child?



Let's talk about some tips to make mealtime easier and how to pick foods for your children.

- 1 Involve your children by providing options and having them **pick some of the grocery items**.
- 2 Get creative with your meals, but start with small changes to what you usually make.
- 3 **Plan your menu for the week.** This is a great time to bond with your child and talk about all the yummy and healthy meals they enjoy and why they enjoy them.
- 4 When busy, **prepare the night before** and freeze your favourites.
- 5 As your child gets older, **encourage them to help you to prepare meals and lunches**.

Cut here for a colouring sheet for your little one

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