



Dinner Time Dilemma

The balanced approach to parenting is the most effective way to help your kids develop healthy eating habits. In this approach both parents and kids share responsibility.

The parent's responsibility is to:

- Provide a selection of healthy foods
- Pick times for meals and snacks
- Offer new foods up to 10 or 11 times
- Be a good role model
- Create a positive atmosphere



The child's responsibility is to:

- Pick which foods they want to eat
- Decide how much to eat

Helpful Tips

- Be a good example
- Don't give up
- Create a positive environment
- Involve kids in food preparation



Balance in Action

- Pick a color and offer foods of the color you chose
- Choose a letter and offer foods that begin with that letter

