

Am I Really Hungry?



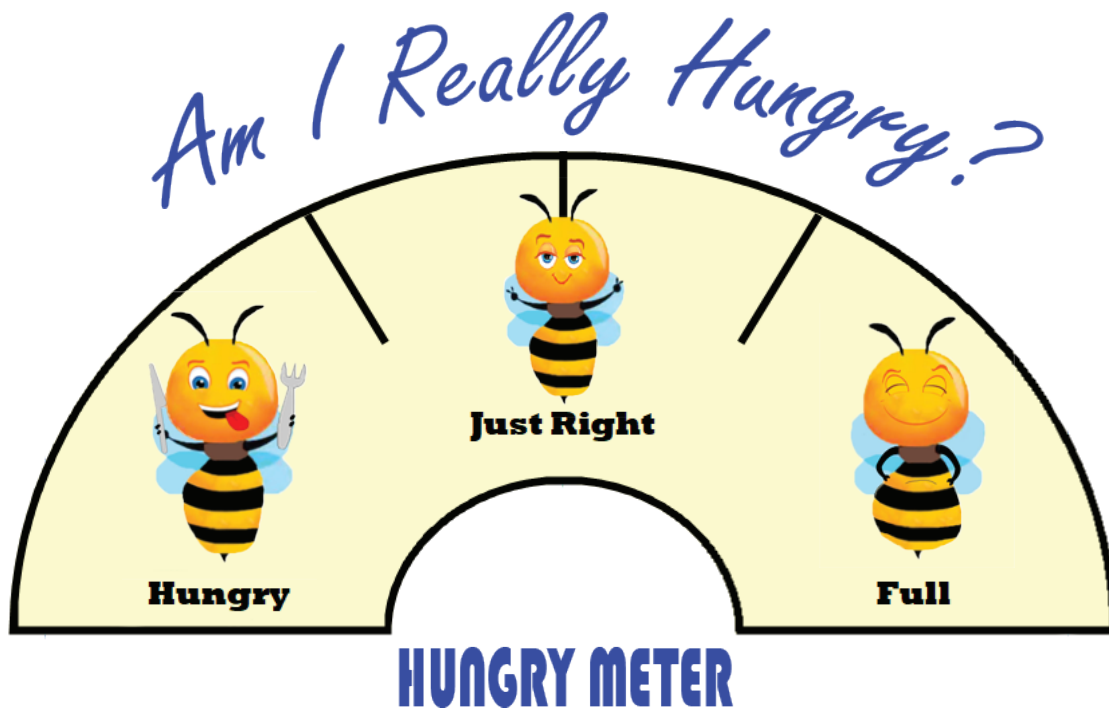
Children's eating patterns are ruled by their feeling of hunger or fullness. But they may not really know how they feel.

To help your children recognize when they are indeed hungry or full, try the following tips:

- Make a habit to ask your children if they feel hungry or full before offering meals and snacks.
- Do not force your children to eat if they don't want to—they may not be hungry.
- If you have a feeding routine, children are going to adapt to that routine. Their tummies should be "hungry" at the right time.
- While children are eating, ask "is your tummy full?" If the answer is "yes" encourage them to stop eating.
- Have regular meals and offer only small healthy snacks in between. Rich snacks fill your children up and they won't be hungry for the next meal.
- Do not let children graze for food and drinks between meals and snack times.



Remember: Parents are responsible for WHAT they offer their child to eat (hopefully, healthy meals), children are responsible for HOW MUCH they eat. To help children understand their feelings of hunger, use the Hungry Meter below. During family meals and snacks, have children point to the picture that matches their feeling of hunger or fullness.



Hungry Meter graphic adapted from All 4 Kids.

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