



Tips and tricks on the topic of...

# Meals

Meals should be fun and enjoyed in relaxed atmosphere.

# Meals

**Meals should be pleasant in a relaxing atmosphere.** Food should be healthy. A balanced diet enables your child to develop healthily.

Eating together is more than just eating; it promotes relationships and communication.

## **What you can do:**

- Give your child as many opportunities as possible to eat independently.
- Avoid rushing your child and never force it.
- Small children should eat what the rest of the family eats.
- Develop firm eating habits. For example:
  - Give your child a fixed place, preferably in a high-chair.
  - Keep to specific meal times.
  - Eat together with the whole family.
- Let your child eat independently. Eating properly with cutlery and good table manners take a lot of time and practice.
- Keep offering your child new kinds of food repeatedly. Children may have to try unfamiliar food several times before they accept it.
- Let your child help you prepare the food, e.g. stir the dough, peel cucumbers, etc.

## **Incidentally:**

Meals together and a sociable atmosphere at the table promote enjoying the food taste and the well-being.

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