

What's the best serving size for my child?

Small children need small servings.

- ★ Start small. Let your children decide if they want more to eat.
- ★ Offer about 1 tablespoon of each food for every year of life.
- ★ Order child-sized menu items or share meals when you eat out.
- ★ Children's appetites vary from day to day. You decide what foods to serve; they decide how much or how little to eat.

Choose one to start the conversation:

- 1 How do you feel about the amount of food your child eats?
- 2 It's common to worry about how much your children eat; I know I did. How does your child let you know she/he is hungry? Full?
- 3 How do you help your child get enough, but not too much to eat?
- 4 Do you have any tips for other parents on using the right serving sizes for small children?



Let them know what others are doing. Share a tip about child-sized servings from another parent — or your own experience.