

# Parents TALK... about feeding KIDS



The **LANA Preschool Program** is a collaborative effort of  
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# LITTLE TYKES child care center

It's so hard to know if they're getting enough, isn't it? Our doctor said that if we don't push them, they'll eat when they're hungry and not eat when they're full. It's hard to believe, but I've been trying to back off from pressuring my kids to eat and they seem fine and we're all a lot happier.

I worry about what they do eat and what they don't eat. I guess that's a parent thing. They seem to go through stages of eating only a few foods for a while or eating a lot of food and then not as much. I figure as long as I give them lots of healthy foods to choose from, they should be okay.

I used to give my four-year-old the same portions that I gave everybody else, but he wouldn't eat much. Then I tried giving him smaller portions and he actually ate more. I guess looking at a plate with so much food just seemed overwhelming to him.

Wow! It says here that the right portion size for preschoolers is one tablespoon per year of age for foods like vegetables, fruits, meat or protein and grains. Maybe they don't need as much as we think!

What your child ate today

Preschooler's EATING HABITS

