

DID YOU KNOW?

When children move out of highchairs and booster seats, they often have a hard time sitting at the table to eat.

Try these tips:

- Sit at the table together as a family. This is a great time to hear about each other's day and it allows parents to model healthy food choices for their children.
- Limit distractions (e.g., turn off the TV and screens and avoid arguments).
- Be realistic! Young children cannot sit at the table for long, so set a reasonable amount of time for meals.

