

10 Rules to Feed Toddlers By:

- Parents get to choose what to buy and what and when to serve it
- Children get to choose what and how much they will eat from the selection the parent offers
- No more clean-plate club members
- Start young with new foods, flavors and textures
- Children eat when they are hungry and they will not starve themselves
- Eat 5 servings of fruits and vegetables every day
- Drink calories count, so try to stick with water and milk and occasional 100% juice
- Desserts and sweets should not be a prize
- Kids do as you do and eat as you eat, so be a good role model
- Limit TV, computer, tablet, video game and phone time and create a pleasant mealtime atmosphere

Source: <https://kidshealth.org/en/parents/eating-tips.html>