

When you eat together, look for signs that your child is hungry or full. This helps you see what they need and allows you to teach them to listen to their body. When you help them learn how to listen to their body now, it will lead to healthy habits that last for life.

HUNGRY OR FULL?



Hunger Cues:

- Tired or low energy
- Fussy or more grumpy
- Not interested in activities
- Less able to focus on tasks
- Stomach makes sounds
- Focused or interested in food
- Asks or points to foods
- Says “Hungry” or “More”

Fullness Cues:

- More energy
- Content or happy
- Plays with food (after eating a while)
- Stomach looks more full or more hard
- Has more strength
- Wants other things and not food
- Will push away from food
- Will say or sign “no”

Learn more at

<https://www.anokacountymn.gov/3258/Toddlers-and-Preschoolers-1-5-years-old>

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Hungry or Full by WICHealth



Is it okay to give my child food as a reward for being good or for listening to me?



Do not reward with food or promise food if your child is “good” as this leads to your child eating foods when they are not hungry.



Do not offer foods to calm your child as that can lead to unhealthy emotional eating.



Avoid saying a food is a “treat” or “special” as your child may want these foods more often than you would like to give them.

Examples of Using Food as Rewards:

“If you eat your vegetables, then you get your dessert”

“If you pick up your toys, you can have a special snack.”

“If you are good and don’t cry, we can get ice cream on the way home.”

Examples of Using Non- Food Rewards:

“If you sit at the table until everyone is done eating, we can____
 *read a book you like
 *go to the park
 *play with bubbles
 *pick out a sticker for you, etc.”

“I can see you are getting tired of waiting. How about we cuddle or play a game until we can leave the doctors.”

“Let’s get our coat and shoes on and then you can push the elevator button when we leave.”

