

### HEALTHY HUNGRY HABITS

Do your kids cry out for candy and fast food when they are hungry? Do they whine and complain when they haven't eaten in a while? Here are some ways to help you keep cravings in check.



#### prepare healthy snacks.

It's always a good idea to be prepared for the curveballs your child throws you. Cut up some crunchy fruits and veggies. Put them in a bag for your child to munch on when they get hungry.

#### keep them hydrated.

Often children will complain and whine when they are dehydrated. Rather than giving in to their demands, be sure they have a water bottle or a juice box to drink.

#### reward for good behavior.

Bribery is not the solution to your cranky child's woes. It will just show them that throwing a fit will get them treats. Switch the script. Try giving them a treat on the days they act exceptionally well.



#### infant inspiration

Now is the time to teach good eating habits to your infant. They will not be able to tell you what they like and don't like yet. So, you should offer them as wide a variety of eating options as possible. When they grow older, they will have more foods they like.



#### toddler tales

Be sure to ask your toddler what their favorite snacks are. They will probably tell you a lot of junk foods, but if you keep asking for more options, they will come up with some surprises. Toddlers will love that you asked their opinion.



#### preschool power

Here are some books for your preschooler on healthy eating habits:

*Eating the Alphabet* by Lois Ehlert

*The Berenstain Bears and Too Much Junk Food* by Stan and Jan Berenstain

*Why Should I Eat Well* by Claire Llewellyn