WHY DOES MY CHILD REFUSE TO EAT AT MEAL TIME?

THEY JUST MIGHT NOT BE HUNGRY!

A CHILD MAY HAVE A VERY SMALL TUMMY. AND APPETITE CAN SLOW DOWN AROUND AGES 2-5 WHEN THEY ARE GROWING MORE SLOWLY.

AVOID ITEMS THAT FILL THEM UP BETWEEN MEALS:

- TOO MANY SNACKS
- JUICE
- SWEETS

CONTINUE TO OFFER:

- 3 HEALTHY MEALS &
- 2-3 HEALTHY SNACKS EACH DAY

This material is funded by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider. Created by UConn Dietetics student Josie Hare.