

Raising a Healthy Happy Eater



Image free to use under Unsplash License. Retrieved from: <https://unsplash.com/photos/smiling-girl-holding-cooked-corn-during-daytime-hRNkOZvStJK> [Oct 2024]

- Do you have questions around what and how much your child should eat?
- Do you have a young child who you worry is a 'picky eater'?
- Do you cook different foods at one meal just so your child will eat?
- Are mealtimes a battle?

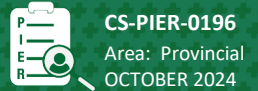
If yes to any of the questions above, **scan the QR code** or use the address below to watch a video with practical tips, information and real life scenarios to help you support your child with eating.

<https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/raising-healthy-happy-eater>



Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



Raising a Healthy Happy Eater



Image free to use under Unsplash License. Retrieved from: <https://unsplash.com/photos/smiling-girl-holding-cooked-corn-during-daytime-hRNkOZvStJK> [Oct 2024]

- Do you have questions around what and how much your child should eat?
- Do you have a young child who you worry is a 'picky eater'?
- Do you cook different foods at one meal just so your child will eat?
- Are mealtimes a battle?

If yes to any of the questions above, **scan the QR code** or use the address below to watch a video with practical tips, information and real life scenarios to help you support your child with eating.

<https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/raising-healthy-happy-eater>



Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.

