

Raising a Healthy Happy Eater

Tips for parents and caregivers to help children develop a positive relationship with food



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- 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 you are struggling with any of these issues or have questions about feeding your child, you are not alone.

Scan the QR code 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>



Developed by SHA Public Health Nutritionists

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.



[saskhealthauthority.ca](https://www.saskhealthauthority.ca)



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