

**Appetites go up and down – sometimes daily! This is a normal part of growing up.**



### **What's My Role?**

- I decide *what* foods to offer at meals and snacks.
- I decide *when* to offer meals and snacks.
- I decide *where* to offer meals and snacks.



### **What's My Child's Role?**

- My child decides *whether* to eat or not.
- My child decides *how much* to eat of each food offered.

### **Why Do Appetites Change?**

- My child may not like the taste or texture of certain foods.
- My child may want to be more independent.
- My child may be focused on emotions like being tired, excited, or angry.





### What Can We Do?

- Turn off electronics like the TV or phones to lower distractions.
- Keep toys away from the table during meal and snack times.
- Sit together as a family during meal and snack times.
- Cook together as a family.

### Be Positive!

Talk, laugh, and share stories at meal times instead of begging, fighting, threatening, or bribing. Make mealtimes relaxed and fun.



**Department of  
Health**

Women, Infants, and  
Children Program (WIC)

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