

**PARENT POINTER:
Set A Good Example At Mealtime**

"Monkey see...monkey do!" That's a saying that applies to preschoolers!

Preschoolers are great imitators of others. They want to please you, because you are the center of their world. They will watch and learn from you.

Be aware of your eating behaviors and the influence they can have on preschoolers. Do you:

- ♥ Eat regular meals, like breakfast?
- ♥ Eat a variety of foods, including milk and vegetables?
- ♥ Try new foods?
- ♥ Limit high fat and sugary snack foods?
- ♥ Eat meals and snacks in kitchen/dining area?

Do you want your child to eat the way you do? Why or why not?

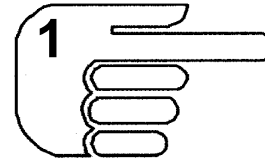
Your eating habits were developed over a lifetime and you probably know more about healthy eating now. You may have some habits that you would like to change. Feeding your child may be just the reason you need to improve your own diet.

Remember, your preschooler is watching you!

Adapted by Karen Hintz, Professor UW-Extension, Door County, WI.
from "Kids' Meal Times" North Central Regional Publication No. 598a-m



Wisconsin Nutrition Education Program • Family Living Programs • Cooperative Extension
UW-Extension provides equal opportunities in employments and programming, including
Title IX and ADA



**PARENT POINTER:
Set A Good Example At Mealtime**

"Monkey see...monkey do!" That's a saying that applies to preschoolers!

Preschoolers are great imitators of others. They want to please you, because you are the center of their world. They will watch and learn from you.

Be aware of your eating behaviors and the influence they can have on preschoolers. Do you:

- ♥ Eat regular meals, like breakfast?
- ♥ Eat a variety of foods, including milk and vegetables?
- ♥ Try new foods?
- ♥ Limit high fat and sugary snack foods?
- ♥ Eat meals and snacks in kitchen/dining area?

Do you want your child to eat the way you do? Why or why not?

Your eating habits were developed over a lifetime and you probably know more about healthy eating now. You may have some habits that you would like to change. Feeding your child may be just the reason you need to improve your own diet.

Remember, your preschooler is watching you!

Adapted by Karen Hintz, Professor UW-Extension, Door County, WI.
from "Kids' Meal Times" North Central Regional Publication No. 598a-m



Wisconsin Nutrition Education Program • Family Living Programs • Cooperative Extension
UW-Extension provides equal opportunities in employments and programming, including
Title IX and ADA