

# Things to Try at Home

## Observe:

I will observe the signs of hunger and fullness that my child shows throughout the day.

## Talk:

I will talk to my child about how he or she is feeling at the beginning, middle, or end of a meal.

## Try:

I will try ending the meal when my child says he or she is full and seeing what he or she does between the end of the meal and the next eating time.

I will \_\_\_\_\_ before the next session.

# Learning SEEDS

- 1:** Children can learn to recognize their hunger and fullness cues and to pay attention to them.
- 2:** With our help, even young children can recognize and respond to their internal cues of hunger and fullness.
- 3:** Parents and children have different roles at meals and snack times.

