

Things to Try at Home

Observe:

I will observe portion sizes on my plate and on my child's plate and think about how this helps my child, my family, and me during mealtime. AND I will observe my child serving him or herself during meal and snack time and think about how I can support them in serving the appropriate portion size.

Talk:

I will talk to my child about the size of his or her stomach and how that relates to feelings of hunger and fullness.

Try:

I will try helping my child serve him or herself at mealtime using the recommended portion size according to my child's age.

I will _____ before the next session.

Learning SEEDS

- 1:** Children's stomachs are about the size of their fists.
- 2:** As a guide, for preschoolers, child portions are about one tablespoon per year of the child's life.

