

HOW CAN I GET MY CHILD TO EAT BREAKFAST?

Do you rush out the door for work with only a coffee in hand? Children learn best by watching their parents' positive behaviours. It's very hard to ask your children to eat breakfast if you don't. One tip for getting your kids to eat in the morning is to set a good example. Give yourself a few extra minutes in the morning to enjoy a healthy breakfast with your family. Remember, your children are watching!



Visit Canada's Food Guide online at
www.healthcanada.gc.ca/foodguide



For More information,
call a Registered Dietitian
at 1-800-660-5853 or 613-345-5685
or visit www.healthunit.org/nutrition

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