1. Let them decide how much to eat.

2. Present healthy foods as “treats.”

3. Offer water instead of juice.

4. Include a fruit and/or vegetable at each meal.

5. Serve low-fat milk to children over two.

6. Use mealtime to strengthen family ties.

7. Lead by example – “walk the talk.”

8. Create activities – for you and them – every day.

9. Provide attention instead of food or the bottle.

10. Encourage and praise their efforts.

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top 10 ways to grow happy kids