

The infographic features a central teal circle with the title 'Top 10 Feeding Commandments' and a knife and fork icon. Surrounding the circle are illustrations of various foods: carrots, a cupcake, a strawberry, a fried egg, a tomato slice, and an avocado. Below the circle, ten numbered commandments are listed, each with a corresponding colored banner and a horizontal line.

Top 10 Feeding Commandments



#1

I will do my job of feeding and let my child do his job of eating

#2

I will respect my child's appetite fluctuations

#3

I will set a meal and snack routine and stick to it

#4

I will let my child explore new foods, pressure-free

#5

I will continue serving new or previously rejected foods without an agenda

#6

I will model healthy eating

#7

I will minimize distractions at mealtimes

#8

I will serve foods in a fun way with lots of variety in colours/shapes

#9

I will include my kids

#10

I will be a good listener