



## top 10 ways to grow happy kids

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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.



**WIC Nutrition Program** • Nutrition Division  
MA Department of Public Health  
TDD/TTY: 617.624.5992 • [www.mass.gov/wic](http://www.mass.gov/wic)  
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**GOOD FOOD *and*  
A WHOLE LOT MORE!**