

## Parents' influence on children's eating habits.

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### Introduction

As a parent, you have a significant influence on your children's eating habits. You have a significant impact on the home setting in which meals are prepared and the foods your children consume. Early positive meal experiences may aid your children in developing good eating habits later in life. Continue reading to learn how to positively impact your children's eating habits by modelling excellent eating habits and providing a positive eating environment.

### Creating a conducive environment for eating

Home (or "eating environment") is where family meals take place. This eating environment might influence your children's eating habits in a positive or negative way. Here are some suggestions to help you create a healthy eating environment for your kids [1].

### Maintain consistent meal and snack timings

A healthy habit is established by having consistent meal and snack times every day. Your children may not be hungry when it's time for a scheduled meal or snack if they eat whenever they want. They might also eat too much during the day.

### As a family, eat together

Children who have meals with their families consume more nutritious foods such as fruits, vegetables, and whole grains. They are also less likely to become overweight. Children who eat in front of the television, on the other hand, tend to make bad dietary choices. Meals should not be consumed in front of the television, as this can lead to overeating and an increased risk of childhood obesity. Learn why it's crucial to eat as a family without watching television [2].

### Do not force your children to eat

Insisting on certain foods from your children may cause them to eat less. You have the responsibility as a parent to provide your children with healthy dietary options. Allow your children to choose how much to eat based on how hungry they are. Are mealtimes a chore for you? With these suggestions, you can put an end to finicky eating.

### Food should not be used as a reward or punishment

Eating is a means of providing nourishment to our bodies. When food is used as a reward or punishment, it can lead to

poor eating habits. Serve a range of healthful foods to your children and don't put any pressure on them to eat them [2].

### Prepare healthy meals at home

When you go shopping, make sure to buy healthful foods. Your children will become accustomed to the foods in your refrigerator, freezer, cupboards, and pantry. Use this menu planning form to help you and your family plan healthy meals!

### Being a positive role model is important.

By being a good role model, parents can positively impact their children's eating habits. Here are some suggestions about how to be a good food role model [3,4].

### Make nutritious foods, your default option

What you consume sets the tone for your children's eating habits. Every day, eat vegetables, fruit, whole grain goods, low fat dairy products, lean meats, legumes, eggs, and fish from Canada's Food Guide's four Food Groups. Your children are more likely to want to consume these items if they witness you eating them. See how to make quick and easy breakfasts, lunches, and snacks in these videos.

### Limit high-calorie, high-fat, high-sugar, and high-salt foods

Cakes, chocolate, cookies, doughnuts, ice cream, French fries, potato chips, pop, sports and energy drinks, and sweetened hot or cold drinks are high in calories, fat, sugar, and salt and should be consumed in moderation. Your children will be less likely to eat these items if you limit them yourself. It's critical not to categorize these items as "bad" They are just meals that should be consumed in moderation and only on rare occasions [5].

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