

Things to avoid

- Don't force your child to eat.
- Don't give your child drinks or snacks before a meal.



- Don't feed your child junk foods and sweet drinks.



- Don't bribe him with junk foods or sweet drinks.

- Don't give your child foods that are easy to choke on - like nuts, popcorn, sausage skin, or lollies.



- Don't leave your child alone when he is eating – he can easily choke.

*Look after your
child's teeth*

- Sweet, sticky foods cause tooth decay.
- Sugary drinks cause tooth decay, too.





The whole family
needs to have
healthy foods
and drinks.



**Queensland
Government**
Queensland **Health**

*Note: in this pamphlet we talk about Baby as 'she' but all the information in here also applies to boys!
If you are worried about the way your child is eating, talk to your local health worker, child health nurse, nutritionist or doctor.*

For more information contact your local health worker