**Infants Corner:**

How do I tell if my child is hungry or full?

**Did you know that children can tell when they’re hungry or full?**

You may have noticed some of your own child’s signals! They might close their mouth & turn their head away when full. Click [**here**](https://indd.adobe.com/view/2b0a0f29-1396-461f-8185-2e098849b673) for more information. Looking for & responding to these signals supports children to listen to their bodies, build a positive relationship with food & can mean less overeating later in life.

**Pushing children to eat can:**

* **Reduce their appetite** & **willingness to eat**
* Make them **anxious**
* May make **fussy eating** worse

A helpful approach is to remember the role of the adult is to decide what foods are provided, and the child is to decide if & how much they eat. Following this can mean **less stressful mealtimes**!

*For a 2-5 year old, you may like to check in with them before & after meals using the terms “hungry” & “full”. For more ideas on how to talk to toddlers about whether they’re hungry or full, click* [*here*](https://www.strong4life.com/en/feeding-and-nutrition/hunger-and-fullness-cues/5-signs-your-toddler-is-hungry)*.*

If a child shows signs they’re full, it’s best to pack up the meal, without making any comments about any leftovers. Providing small portions & popping leftovers in the fridge may help with food waste. If they’re still hungry during a meal, the adult can provide more of the meal. **The amount children eat will vary from day to day.**

At our service, educators respond to these hunger & fullness signals during mealtimes & support children to recognise these signs. We don’t pressure children to finish their food, rather, we support children to eat a variety of healthy foods by role modelling healthy eating, allowing children to explore new foods through touch, smell, & taste, & providing food-related activities. *<insert other ways the service responds to children’s hunger & fullness signals>.*