

How to support your fussy eater

Fussy eating can be a challenge for many parents. It can be concerning or frustrating when your child refuses to eat a meal or try new foods. Above all, be patient and keep trying. It can take up to 10-15 times for a child to accept a new food. Here are some helpful tips for fuss-free mealtimes:

- Create a mealtime routine so your child knows when to expect food.
- Let your child respond to their own hunger cues and decide how much of the meal to eat.
- Use non-food based rewards including praise or stickers. Try not to use food as a bribe or reward.
- Offer child-sized portions and give your child the opportunity to have more.
- Involve children in meal planning, shopping and cooking.
- Avoid distraction. Turn off the TV and remove any toys or games so your child can focus on eating.
- Keep trying!

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Get active with the family



Being active as a family is a great way to have fun and build your children's health and confidence and improve their mood. Here are some things you can do to be more active as a family:

- Find a free program that can help, for example an after-school or sports program.
- Choose a small goal to start with.
- Think about how you use your time such as travel time or time after work/school.
- Explore your neighbourhood.
- Be a role model.

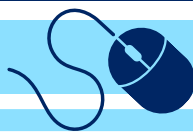


✓ Use this [diary](#) to plan your family activities.
✓ Find more ideas on the [Healthy Eating Active Living website](#).



Healthy Family Bulletin

Healthy habits at screen time



Parents and carers can be great role models for their children when it comes to screen time. Children will develop healthy screen habits when they see their parents and carers using screens in healthy ways.

Tips to be a good role model:

- Avoid using screens to entertain your child on long car trips or at appointments.
- Switch off the TV at meal times or when it is 'on in the background'.
- If you get a text message or notification while you're talking to your child, wait until the conversation is finished before checking it.
- Set aside some screen-free time each day.
- Take breaks and move around regularly when using screens.
- When managing screen time with children, it is important to set clear rules.

[LEARN MORE](#) 

Add more crunch to your day



Most children do a great job of getting enough fruit each day, but they aren't eating enough vegetables.

Preschool-aged children need two to three serves and primary school-aged children need four to five serves of vegetables every day.

You could encourage children to eat more fresh vegetables with Crunch & Sip.

The program is an opportunity for children at school to snack on vegetables and fruit and drink water. You could even have a Crunch & Sip break on weekends or with younger children who might not be at school yet.



For more Crunch & Sip ideas, [click here](#).





Healthy Family Bulletin

Care for your mental wellbeing



October is Mental Health Month. It's a time for everyone to think about their mental health and wellbeing. It's also an opportunity to understand the importance of good mental health in our everyday lives. This year's theme is "We all have a role to play".

We can all support each other, start conversations and play a role in Mental Health Month.

What role will you play?

- amazing ally.
- community champion.
- incredible individual.
- school superstar.
- workplace wonder.



To find out more, [CLICK HERE](#)

Spring into Go4Fun for Term Four

Go4Fun is a free healthy lifestyle program for children aged 7-13 who are above a healthy weight, and it's coming to more venues in Term Four. Now is the time for families to register for the 10-week after-school program, that starts on 9 October. Locations include Bankstown, Cabramatta, Eagle Vale, Liverpool, Moss Vale, Oran Park and Tahmoor. Aboriginal Go4Fun will be held in Campbelltown and Liverpool.



>> To register, scan the QR code or phone 1800 780 900.

