Note to the child care provider: To meet the child’s needs, you should work closely with the parents. This form letter will help you share tips and ideas on feeding young children.
Dear Family,

Parents and family members are often concerned that young children are not eating enough food or enough of the right foods. Enough food means children eat until they feel full or think they have eaten enough.

We use these tips in child care each day. You can use these tips at home to help your child develop healthful eating habits.

**Serve meals and snacks at regular times each day.**

Refer to the information below for the times meals and snacks are served daily at child care. You may find your child reacts positively when the routine is similar at home and child care.

Meal Times: __________________________________________________
Snack Times: __________________________________________________

Children rely on the adults in their lives to offer food on a regular basis. A child is more likely to eat enough food—but not too much or too little—when regular meal and snack times are part of the daily routine.

Let children know that they do not have to eat foods they do not want. This will help children feel comfortable when trying new foods.

**Serve meals and snacks based on the food groups in MyPyramid for Kids.**

When only nutritious foods are served, children make the right choice. Offer foods from the grains, vegetable, fruit, milk, and meat and beans groups most of the time. For more information, visit the Web site www.mypyramid.gov.

Healthy children know how much they need to eat. Start with small portions. Let children know they can ask for more food if they are still hungry. If a child does not eat much at a meal, it is reassuring to know snack time is soon.

Happy Mealtimes,

Your Child’s Caregiver