### Problem: My child does not want to eat at all.

- Take the food away until the next meal or snack. Snacks and meals should be about every 2 to 3 hours.

- **Toddlers and preschoolers:** should not fill up on milk, juice, or sweet drinks between meals or at a meal. Only 3 - 4 small servings of milk and/or milk products daily are needed. Limit juice. Offer water in a cup when he is thirsty. **Infants > 6 mos:** still need breast milk or formula to meet their fluid needs. Transition to using a cup. Juice is not needed.

### Problem: My child does not eat much and sometimes skips meals.

- Do not worry if she skips a meal sometimes. She will make up for it at the next meal.

- Young children are smart eaters. They eat when they are hungry and stop when they are full.

- Remember, it is normal for children to eat less after the first year. They are not growing as fast.