

# Mini Messenger

FOR FAMILIES



## TIPS FOR A POSITIVE FUSS FREE MEALTIME WITH YOUR CHILD

The 'parent provides, the child decides' approach can be a great way to gain some mealtime wins and achieve a positive fuss free meal with your child.

The parent is responsible for the what, when & where of the meal.

- Provide a variety of food with at least one known favourite. This could be as easy as a slice of bread.
- Provide regular meals and snacks. Children over 12 months require a meal or snack every 2-3 hours.
- Discourage your child from grazing in between meal and snacks (except for water).
- Make mealtimes pleasant by eating as a family with positive encouragement.
- Role-model good eating behaviours. The more they see you eating yummy nutritious food will help.

The child is responsible for how much and whether they will eat the food.  
This is determined by their hunger levels.

Sometimes young children will only eat one particular food on the plate, but you may find the next time they are offered the exact same meal they eat a different food. This is why providing variety is important. It may take up to 12 times before a child eats a food they are offered. Persistence is key!

**3 BALLOON GAMES FOR  
INDOOR LIVING**

**WANT TO KNOW MORE  
ABOUT BREASTFEEDING?**

# 3 BALLOON GAMES FOR INDOOR LIVING

Do you live in an apartment, or struggle for ideas getting your children active during wet weather? Why not try these balloon games to get your children physically active inside!

**Balloon Lava Game:** Throw a balloon in the air and don't let it touch the floor! As the children get confident with the game, add in another balloon, then another!

**Balloon Tennis:** Sticky tape a thick paddle pop stick to a paper plate and you've created your tennis racquet. Create a second one and you have a game!

**Balloon Volleyball:** Clear the furniture behind and in front of a couch. Have your child stand on one side of the couch and you or another child on the other side. Use the couch as your volleyball net, using your hands, propel the balloon over the "net" to the other side!



## WANT TO KNOW MORE ABOUT BREASTFEEDING?

The Australian Breastfeeding Association (ABA) has lots of information available online at [www.breastfeeding.asn.au](http://www.breastfeeding.asn.au)

The ABA also run the FREE [National Breastfeeding helpline](#). If you need help, trained volunteer counsellors are available 24 hours, 7 days and can give you reassurance, information and advice about breastfeeding and overcoming common hurdles to breastfeeding.

Phone: 1800 MUM 2 MUM (1800 686 268)