

# HUNGRY OR FULL?

## Know The Common Cues

It is important to recognize your child's hunger and fullness cues. Knowing these cues will help you guide your child. Teaching your child to trust their own cues will help them create healthy eating habits early in their life. They will eat when they are hungry. They will also stop eating when they know they are full.



### HUNGER CUES

- Stomach making noise
- Feeling
  - Grumpy
  - Tired
  - Not interested in activities
- Your child may also:
  - Point at foods they want to eat (with other signs of hunger)
  - Ask for specific foods
  - Say or sign "hungry" or "more"



### FULLNESS CUES

- Full stomach
- Feeling
  - Focused
  - Energized
  - Content/Happy
  - Stronger
  - Comfortable
- Your child may also:
  - Start playing with their food (with other signs of fullness)
  - Get distracted easily from eating (with other signs of fullness)
  - Say or sign "no"
  - Push food away



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## Know The Common Cues



LESSON:  
FEEDING YOUR  
1-YEAR-OLD

### CAN FOOD BE USED AS A REWARD FOR GOOD BEHAVIOR?

Food **SHOULD NOT** be used as a reward or a bribe.

- » Offer your child food without judgment or expectations.
- » Avoid making some foods “special” as your child may ask for these foods more often than you would like to offer them.
- » Offer foods for hunger, not comfort as that can lead to unhealthy emotional eating.

#### Example of phrases that use food as a reward:

- ✗ “If you eat dinner, we will have ice cream.”
- ✗ “If you clean up your toys, you can have a snack.”
- ✗ “If you stop crying, you can have a sucker.”

#### Phrases that avoid using food as a bribe or a reward.

- ✓ “After we eat dinner, I will color with you.”
- ✓ “Ooh, look at the clock, it is almost snack time! That means it is time to pick up the toys.”
- ✓ “I understand you are getting tired of waiting. How about I tell you a story until it is our turn to see the doctor.”

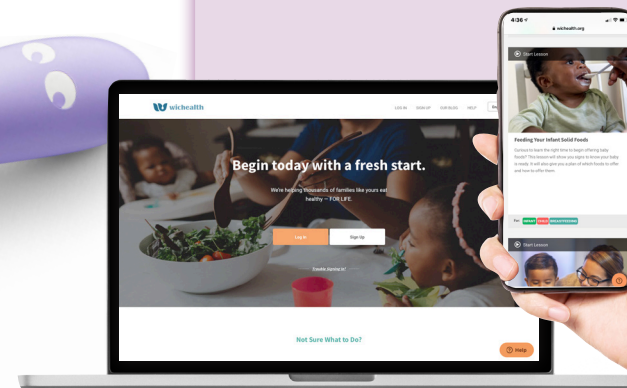


### Take This Lesson to Learn:

- Portion sizes for toddlers.
- What foods to avoid to prevent possible choking.
- Tips to continue to breast or chestfeed your toddler.

### To Get Started:

- Visit [wichealth.org](http://wichealth.org)
- Choose **Sign up**
- Enter your information
- Choose a username and password
- Choose **Begin**
- Choose the category:  
**Feeding Your 6 To 24-Month Old**
- Choose the lesson:  
**Feeding Your 1-Year-Old**



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