



健康媽媽, 健康寶寶

Lesson 7 Smart Parenting

Here's a review of the steps you can take in order to help your child accept a variety of foods:

- Avoid the power struggle
- Let kids participate
- Build on the positives
- Expose new foods
- Beware of Over-Snacking
- Examine Your Role Model
- Give It Time

Here's how to get your family back into healthy habits and gain some peace of mind:

- Keep kids' schedules relatively predictable
- Set aside a little time to relax
- Focus on two family routines: Bedtime and Eat together

第七課 教導有方，聰明育兒

如何幫助你的小孩接受不同種類的食物：

- 避免以威力管制
- 讓小孩參與
- 專注好的一面
- 讓孩子嘗試新的食物
- 謹防吃過多的零食
- 做個好榜樣
- 給點耐性

如何讓你的家人回復健康的生活習慣，安心無憂：

- 預先計劃好孩子們的日程安排
- 安排一些休憩及放鬆的時間
- 兩項重要的日常任務：睡眠充足及一家人一起吃飯