

## 47. Is your child too big? Does she eat too much?

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Why do you think your child eats too much?

Why do you think she is too big?

What does her growth chart say?

Does her weight follow close to the same line?

**Chances are, there is no problem:**

- Some children are big, others are small.
- Children know how much they need to eat.
- Some children eat a lot, others not so much.
- Eating a lot doesn't mean your child will get fat.
- Children slim down as they get older.

Do *not* hold back on food. She will get scared and eat too much when she gets the chance. Instead, feed in the best way. Trust your child to eat and grow the way that is right for her.



**Here is what to do—and not do—to help your child to eat and grow well:**

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- **Feed in the best way. Have her join in with family meals and sit-down snacks at set times. Enjoy your own meal.**  
Don't wait for her to ask for food. Don't feed or give drinks, except water, on the run.
- **Have the same meal for everyone. Include high-fat and low-fat food.**  
Don't have low-fat meals. Don't push low fat food. Don't give diet food.
- **Let her eat a lot or a little. Let her have seconds and thirds.**  
Don't try to limit her to a certain amount. Don't run out of food to make her eat less.
- **Eat with her. Talk with her. Be easy-going company when she eats.**  
Don't leave her to eat alone. Don't ignore her or talk too much. Don't watch TV.
- **Keep your nerve; let her grow *her* way.**  
Don't try to get her to grow *your* way.

If you have trouble feeding in the best way and trusting your child to grow well, ask for help from a dietitian or other health worker who understands feeding.

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