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WEST ANNEX | College of Health and Human Services | Work and Family Life Program

Parenting in Children

Eating For

Preparation for future meals and snacks is a key component of healthy eating habits. It involves establishing routines and making choices that are easy to maintain over time. This can help children develop a healthy relationship with food and learn about portion control. Additionally, involving children in the process can make them more likely to enjoy the food they are eating. The benefits of preparing meals for children extend beyond just their physical health, as it can also improve their social and emotional development. By involving children in the process, parents can help them feel more connected to their family and create positive memories of cooking together.