

## How to tell if your child is eating enough

This is a transcript of the Raising Children Network video available at [http://raisingchildren.net.au/articles/eating\\_strategies\\_video.html](http://raisingchildren.net.au/articles/eating_strategies_video.html). Parents discuss how they know if their child is eating enough.

**Grace** [*mother of Zoe and Aiden*]: I ended up seeing a nutritionist at one of the young parents groups and she basically told us, um, which I think was a big thing, that not to look at the child's meals for the day, but over a two-week period. And for me that really hit home. Because some children, they don't eat all day. They might graze on a few biscuits here and there or might have half a bowl of cereal and you think, 'My goodness, they didn't eat anything', and at dinner you try and force them a bit of steak – 'eat this, eat that' – they're not hungry. But the next day they're ravenous, they need this and that and eat an apple and a banana and you can't feed them enough.

**Kathy**: The way around it for me is to accept that toddlers will refuse to eat and to also accept that there is such a wide range of normal as far as weight goes, so that as long as they are in between there somewhere, then they are getting the nutrition that they need.