

Listening to hunger

Signs of hunger:

- A rumbling, noisy stomach
- Feeling an emptiness in the belly
- Having less energy
- Reduced concentration
- Being impatient or irritable



Signs that you are no longer hungry:

- Feeling a full belly
- Having more energy
- Starting to eat more slowly

Remember: the adult's role is to encourage the child to eat at his or her own pace and hunger.



How can we help children respect their hunger?

- Encourage him to listen to his body.
- Tell him to eat slowly and chew well.
- Don't force him to eat, trust him!