

you've got this!

IMPORTANCE OF EATING BEHAVIOURS IN CHILDHOOD

The prevalence of obesity among children aged 6 to 18 has increased from 11% in 2013 to 13% in 2017 and it continues to increase over the years.

Based on an Evidence Insight by the Centre for Holistic Initiatives for Learning and Development (CHILD), eating behaviours can be targeted from young to reduce the impact of a variety of early life risk factors associated with developing obesity. Parents, let us promote positive eating behaviours that support our children's health and well-being and reduce obesity risk.



Children may eat more when served larger portions of food.



Children who eat at a faster speed tend to consume more food at meals.



Easy access to snacks increases the likelihood

that children eat when they are not really hungry, and this habit can persist as they get older.



Children who frequently snack on calorie-dense foods are at

higher risk of consuming more food than they need, which can put them at risk of unhealthy weight gain over time.

What can you do?



Give your child appropriate portion sizes to avoid over-eating, especially when they are not hungry. Explore more using this activity sheet.



As a family, practise taking smaller bites, chew more and limit TV and devices at the meal table.

Limit calorie-dense snacks at home and keep them out of sight. Use fresh fruit and healthier options as the priority for snacks.



Discover more resources on
parenting at Parent Hub!
<https://go.gov.sg/info-ph-25>

This information was adapted from Centre for Holistic Initiatives for Learning and Development (CHILD) (Oct. 2021). Eating Behaviours in Childhood: Why They Matter and What Can We Do?
<https://thechild.sg/resources-publications/>