

Healthy Eating

One way that you can look after yourself is to **eat well** and make **healthy choices** about your meals.

When we are tired or stressed, we often go for quick fixes. Many parents skip meals during the day because they are too busy.

Eating well and eating regularly is a great way to **nourish yourself** and provide a **much needed boost** when parenting is busy and demanding.



Try these suggestions for regular, healthy eating:

- Make healthy choices at the supermarket and at meal times
- Establish regular eating routines:
 1. Always eat breakfast
 2. Eat regular meals and one or two nutritious snacks during the day
- Try and eat together as a family at mealtimes
- Eat at the table, not in front of the television
- Allow enough time to eat in a relaxed way, not rushed

Think about your eating habits:

1. Write down one thing that you can do to eat well.

2. How can you make it happen?

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