

Why Breakfast?

Smart Reasons To Eat Breakfast...

Breakfast fuels the body with nutrients.

Your child may not make up nutrients if they are missed at breakfast.

Provides food energy for the morning's active play.

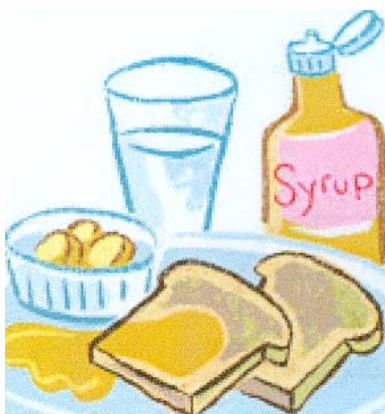
Gets your child ready to learn - at home, school, or day care. Kids learn better if they eat breakfast. If you eat breakfast, you may get more done in the morning, too.

Helps keep a healthy body weight.

Breakfast helps control the urge to nibble or eat too much at lunch. Even with breakfast, young kids may need a small morning snack.

Helps kids feel good. Children may get morning tummy aches if they miss breakfast. These aches are usually hunger pains.

Tastes good! Offer breakfast foods your child and family enjoy - even if they aren't common breakfast foods.



Smart Ways To Make Breakfast Successful!

Eat breakfast yourself. "Showing" teaches more than simply "telling." Your child will follow what you do.

Manage your early morning time.

- **Start making breakfast the night before.** You might mix the juice, slice fruit, or make hard-boiled eggs.
- **Go to bed earlier,** so you get up earlier to prepare breakfast.
- **Stock your kitchen** with quick-to-fix breakfast foods.

Consider your child's needs.

- **Offer two or three food choices.** Making choices helps your child feel in control of breakfast eating.
- **Give your child time to wake up.** Many kids aren't hungry right away. Rushing puts pressure on breakfast eating. Wake them up earlier.
- **Ask your child to help with breakfast** - on a morning when you're not rushing. It can be a nice way to start your child's day. Yours, too!