

# Nutrition

## General

What do I do about my picky eater?

My child will only eat (insert food here)!

How can I get my child to try new foods?

My child snacks all day and then won't eat supper – what can I do?

What kinds of foods are best for snacks?

How can I get my child to eat more vegetables and fruit?

What can I do if my child won't eat meat?

Cooking with my kids.

How to build a healthy toddler.

How to build a healthy preschooler.

How do I know if my child is growing well?

Juice: How much is too much?

When should my baby start eating solid foods?

What foods should I introduce to my baby first?

Can I make my own baby food?

What about food allergies?

Tell me more about safety tips for all food types.

(continued on next page)



**We've collected some of the best resources on the web to answer your frequently asked questions.**

**Click on the links to the left.**

## Other Resources

[Dietitians of Canada](#)

[EatRight Ontario](#)

[Health Canada](#)

[Food Safety](#)

# Nutrition (cont'd)



## *Breastfeeding*

How often should I breastfeed?

My breasts feel empty! Has my milk supply decreased?

Is my baby getting enough breast milk?

I am breastfeeding and my baby is gassy. Should I avoid certain foods?

How long do I have to keep waking my baby up for feeding at night?

Will giving my baby formula before bed help him sleep longer?

## *Other Resources*

[La Leche League International](#)

[KellyMom.com](#)

[Breastfeeding Matters](#)

[Baby Friendly Initiative Chatham-Kent](#)

[Breastfeeding.com](#)

[Breastfeeding Basics](#)

[Breastfeeding Online](#)

[International Breastfeeding Centre](#)



Have a question that you don't see listed here?  
Call our infant and child health intake line!

519.352.7270 ext. 2903