

# 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?

Feeding Your Baby: A guide to help you introduce solid 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](#)

[Unlock Food](#)

[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?

Breastfeeding Your Early Preterm Baby (before 34 weeks gestation)

Breastfeeding Your Late Preterm Baby (34-37 weeks gestation)

## *Other Resources*

[La Leche League International](#)

[KellyMom.com](#)

[Breastfeeding Matters](#)

[Baby Friendly Initiative Chatham-Kent](#)

[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