



Why Breakfast?

Smart Reasons To Eat Breakfast!

- Fuels the body with nutrients.
- Provides food energy for the morning's active play.
- Gets your child ready to learn
- Helps keep a healthy body weight.
- Helps kids feel good without morning hunger pangs.
- Prevents trouble - children who eat breakfast behave better.



Smart Ways to Make Breakfast A Success!

1. **Eat breakfast yourself.**
 - “Showing” teaches more than simply “telling.”
2. **Manage your early morning time.**
 - Start making breakfast the night before.
 - Go to bed earlier, so you get up earlier.
 - Stock your kitchen with quick-to-fix breakfast foods.
3. **Consider your child's needs.**
 - Offer 2 or 3 food choices.
 - Give your child time to wake up. Many kids aren't hungry right away.
 - Ask your child to help with breakfast. It can be a nice way to start your day together!