Family Meals & Breastfeeding: 
The Heart of Good Eating

Discussion Points

1. Infants who are only fed breast milk the first 6 months have the best start to healthy eating. Continue to breastfeed 12 months or longer, up to baby’s 2nd birthday is best.

2. Young children fed at the family table have better eating, self-feeding, and language skills. Good eating begins by watching others, touching foods and exploring new tastes.

3. Family meals help communication and build relationships. Families can talk more while preparing one meal for everyone to eat together.

4. Family meals help children eat better. Children eat more fruit and vegetables and less fried food and soda when included in family meals.

Questions To Ask

- What benefits do you see if you breastfeed your baby longer?
- What meals or meal times does your family already eat together?
- What vegetables does your family eat and enjoy?

Setting Goals

- I will only feed breast milk to my baby for first 6 months.
- We will eat together dinner together on Sunday night.
- We will make two vegetables for dinner this week, one new and one favorite vegetable dish.

Handouts


Referrals