top 10 ways to grow happy kids

1. Let *them* decide how much to eat.
2. Present healthy foods as "treats."
3. Offer water instead of juice.
4. Include a fruit and/or vegetable at each meal.
5. Serve low-fat milk to children over two.
6. Use mealtime to strengthen family ties.
7. Lead by example – "walk the talk."
8. Create activities – for you and them – every day.
9. Provide attention instead of food or the bottle.
10. Encourage and praise their efforts.