

# KixCare TIPS

## Why is My Child Not Eating After Returning to School or Daycare?



Going back to school or starting daycare can be stressful and tiring for children as this transition hugely disrupts their routine.

- 1** Talk to your children about the reasons they aren't eating. Is it anxiety or worry, fatigue, bullying or body image concerns?
- 2** Be sure to openly communicate with them, support and monitor the situation closely.
- 3** Give them some time to adjust. Remember to have patience, give options when it comes to meal times, and be consistent.

Cut here for a colouring sheet for your little one

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