

# Things to Avoid



- **Don't** make children clean their plate.
- **Don't** give foods as a reward, punishment, or BRIBE.
- **Don't** give attention to bad behaviors
- **Don't** be a “short-order cook”

## A Time to Learn

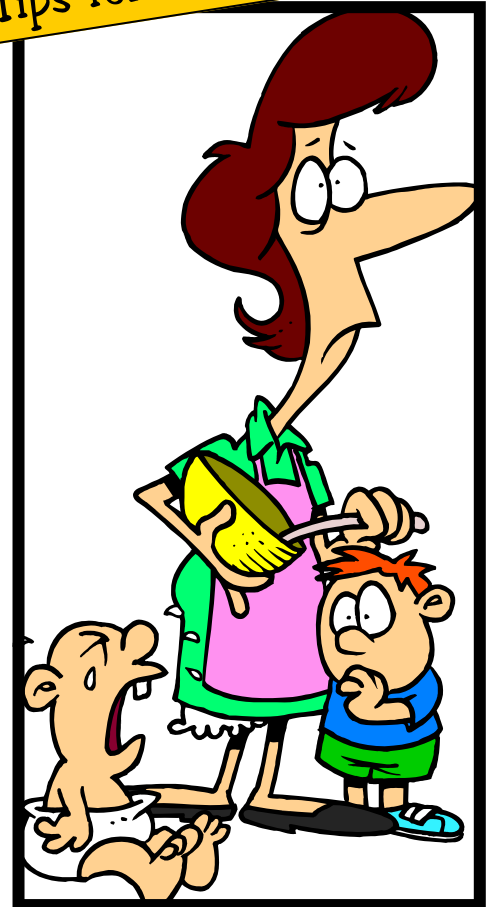
**Meals are a great learning time for children. To make this a good experience and to avoid food battles remember:**

- Don't focus attention on bad behavior
- It is OK if your child skips a meal once in a while
- Give children a 5 minute warning before meals
- Allow time for your child to calm down before eating.
- Serve a *variety* of healthy foods.



# Feeding Challenges

## Tips for Preventing Hassles



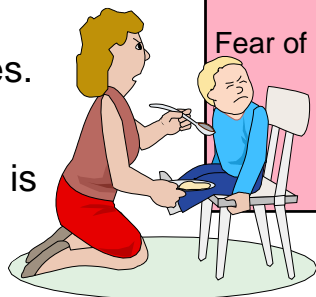
# Parents

## Your Role at Mealtime

Children who have good experiences with healthy food have better eating habits. **As a parent, your role is to decide WHAT and WHEN food is offered, and children decide HOW MUCH they are going to eat.** This way parents can offer healthy choices, but children still have some control over what they eat.

### Tips to encourage good food experiences and avoid struggles.

- Offer a variety of healthy foods and be creative.
- Serve meals and snacks at regular times each day.
- Make mealtimes happy times.
- Be a good role model.
- Make sure **everyone** eating is offered the **same** foods.



## Some Tips on Common Childhood Eating Struggles

Struggle	Strategy
Food Jags: Wanting to eat only one kind of food for every meal.	Food jags usually don't last long enough to cause problems in your child's health. Allow the child to eat the food if it's a healthy food. Keep offering other healthy foods too.
Food Strikes: Refusing food that has been made for a meal.	Serve some food your child likes at meals. If your child refuses to eat all foods at a meal, they will <b>not</b> starve; chances are they'll be eager to eat at the next meal or snack. <b>AVOID</b> being a short-order cook.
TV at Dinner: Wants to watch TV during meals.	Turn off the TV at during meals. It will distract from your child's eating and with positive family time.
Complaining: Whines about food served for meals or snacks.	Request that your child eat the foods he or she likes. If the child keeps complaining and won't eat, it is OK to send them to their bedroom. Wait until the next meal or snack to offer food again.
Finicky Eaters: Eats only a few foods. For example; white bread, potatoes, macaroni and milk.	Don't force your child to eat other foods. The more attention you give to finicky eating the more finicky children become. Keep offering healthy foods and encourage at least a taste of all foods.
Fear of New Foods: Refusing to try new foods.	Continue to offer new foods over time. It may take many tries before your child will try a new food. Encourage your child to taste but don't force the new food.