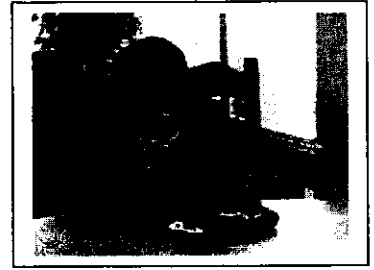


Feeding Is Parenting

Parent-Child Feeding Tasks



Children are born wanting to eat and knowing how much to eat!

Parent's Role During Feeding:

Parents are in charge of **WHAT**, **WHEN** and **WHERE** a child eats.

Infant/Child Roles During Feeding:

The child is responsible for **HOW MUCH** food or **WHETHER OR NOT** they will eat.

Parent's Tasks During Feeding:

- Choose and prepare the food
- Provide regular meals and snacks
- Encourage good behavior during meal time
- Try not to let children nibble before meals
- Let child grow into the bodies that are right for them

When Parents Do Their Part, Children Will Do Theirs:

- Children will eat
- They will eat the amount they need
- They will eat a variety of food
- They will grow predictably
- They will learn to behave at the table

Q: What if my child chooses not to eat?

A: Offer healthy food at the next meal or snack time. She'll be hungry and more likely to eat.



Ways Parents Can Help Children to Eat Well

- ✓ Plan and provide regular meal times
- ✓ Buy healthy foods for meals and snacks (usually not “junk food”)
- ✓ Offer familiar foods *and* foods new to the child
- ✓ Keep meal times pleasant (turn off TV, no arguing during meals)
- ✓ Be a good example of how to eat well

Ways Parents Can Make Eating Problems Worse

- × Pressure a child to eat more or less. Example: an overweight child may eat more than he really wants if he fears parents will limit food amounts.
- × Provide too little variety of foods; no opportunity for the child to gradually accept a new food.
- × Be a “short order” cook. Example: making a separate meal for the child depending on what he “orders.”
- × Pressure a child to eat when he doesn’t want to.
- × Show emotion when a child doesn’t eat the way the parent wants.

Books that Encourage Healthy Eating Habits

1. *“The Berenstain Bears and Too Much Junk Food”*, By Stan & Jan Berenstain
2. *“Good Enough to Eat: A Kid's Guide to Food and Nutrition”*, By Lizzy Rockwell
3. *“Eating the Alphabet”*, By Lois Ehlert
4. *“I Like Vegetables”*, By Lorena Siminovich
5. *“Oliver's Vegetables”*, By Vivian French
6. *“The Ugly Vegetables”*, By Grace Lin

