

# ACTIONS TO DIMINISH FOOD BATTLES



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# A PLEASANT MEAL TIME ATMOSPHERE CAN HELP DIMINISH FOOD BATTLES

- CREATE A DEVELOPMENTALLY APPROPRIATE MEALTIME ENVIRONMENT
- PROVIDE OPPORTUNITIES FOR AUTONOMY
- KEEP MEALTIMES PLEASANT
- FAMILY STYLE MEALS DIMINISH FOOD BATTLES
- ROLE MODEL HEALTHY EATING



# MEAL TIME ROUTINES AND CONSISTENCY CAN HELP



- SET MEAL AND SNACK TIME RULES
  - COMMUNICATE THE RULES TO CHILDREN
  - CALMLY, CONSISTENTLY STICK WITH THE RULES
  - WHEN CHILDREN DON'T WANT TO EAT, REQUIRE THEM TO SIT AT THE TABLE WITH THE REST OF THE FAMILY FOR A MINIMUM OF 20 MINUTES
- FOLLOW A SCHEDULE FOR MEALS AND SNACKS

# INTRODUCING NEW FOODS IS A COMMON CAUSE OF FOOD BATTLES



# TIPS FOR INTRODUCING NEW FOODS

1. GET CHILDREN INVOLVED WITH THE PREPARATION OF A NEW FOOD.
2. LET CHILDREN PUT THE NEW FOOD ON THEIR OWN PLATE.
3. ENCOURAGE YOUR CHILDREN TO TRY NEW FOODS, WITHOUT FORCING, COERCING, OR BRIBING.
4. TRY NEW FOODS WHEN YOUR CHILD IS HEALTHY AND FEELS GOOD.
5. OFFER NEW FOODS AT THE BEGINNING OF THE MEAL WHEN THE CHILD IS HUNGRY.
6. INTRODUCE ONLY ONE NEW FOOD AT A TIME OR PER MEAL.
7. SERVE NEW FOOD WITH A FAMILIAR FOOD AND POINT OUT SIMILARITIES.

# MORE TIPS FOR INTRODUCING NEW FOODS

8. EXHIBIT ENTHUSIASM FOR THE NEW FOOD – THE WAY YOU EAT IT AND HOW YOU TALK ABOUT IT
9. ENCOURAGE THE CHILD TO EXAMINE THE NEW FOOD:
  - TOUCH IT AND FEEL TEMPERATURE & TEXTURE
  - SMELL THE NEW FOOD
  - TALK ABOUT THE SHAPE AND COLOR
10. TALK ABOUT HOW IT IS GOING BENEFIT THEIR BODY AND HEALTH (STRONG, RUN FAST, NOT GET SICK, GROW TALL, ETC.)

# MORE TIPS FOR INTRODUCING NEW FOODS

11. IF A NEW FOOD IS STILL NOT ACCEPTED, TRY CHANGING THE WAY IT IS:

- PREPARED – TEXTURES CAN BE THE PROBLEM (I.E. MASHED POTATOES INSTEAD OF CHUNKS OF BOILED POTATOES)
- SERVED – CHANGE APPEARANCE OF FOOD (I.E. SMILE FACE WITH VEGGIES OR ANIMAL SHAPE WHOLE GRAIN PANCAKE)

12. PRAISE YOUR CHILD FOR TRYING A NEW FOOD

13. IT TAKES ABOUT 10 TIMES OF TRYING A NEW FOOD BEFORE A PERSON'S TASTE BUDS START TO GET USED TO THE NEW TASTE

14. WHEN A CHILD DOES ACCEPT A NEW FOOD, SERVE IT AGAIN SOON SO THEY WILL BECOME ACCUSTOMED TO IT.

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THANK YOU FOR YOUR TIME!

