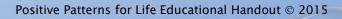
## ACTIONS TO DIMINISH FOOD BATTLES



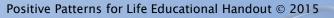
Written by Laurie Jean Ellis, MS, BSN, RN, CHC



# 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

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# 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!



