

WHOSE RESPONSIBILITY IS IT?



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IT IS THE PARENT'S RESPONSIBILITY TO...

1. PROVIDE A VARIETY OF NUTRIENT-DENSE FOOD FROM ALL THE FOOD GROUPS
2. PROVIDE HOME COOKED MEALS
3. SET AND FOLLOW A MEAL AND SNACK SCHEDULE
4. SET MEAL AND SNACK TIME RULES
5. CREATE A DEVELOPMENTALLY APPROPRIATE MEALTIME ENVIRONMENT (RIGHT SIZE OF CHAIR, UTENSILS, CUPS)
6. SERVE APPROPRIATE SERVING SIZES
7. PROVIDE FOOD THAT IS SAFE FOR THE CHILD TO EAT

PARENT'S SET THE ATMOSPHERE OF THE MEAL ...

1. DEFINE MEAL TIME STRUCTURE (SEE FAMILY STYLE MEALS FOR IDEAS)
2. PROMOTE MINDFUL EATING – FREE OF DISTRACTIONS LIKE TVS OR CELL PHONES
3. PROMOTE POSITIVE SOCIAL EXCHANGE
4. TRY TO KEEP MEAL TIMES PLEASANT
5. FOCUS ON POSITIVE FEEDING BEHAVIORS, RATHER A CHILD'S REFUSAL TO EAT OR NEGATIVE CONDUCT
6. PRESSURING CHILDREN TO EAT CAN PRODUCE FOOD DISLIKES

PARENTS (ADULTS) MODEL HEALTHY EATING

1. EAT HEALTHY FOODS IN FRONT OF CHILDREN. CHILDREN WANT TO EAT WHAT THEIR PARENTS (AND OTHER SIGNIFICANT ADULTS) ARE EATING.
2. DON'T JUST TELL CHILDREN HOW TO EAT HEALTHY ... SHOW THEM HOW TO EAT HEALTHY!
3. CHILDREN AVOID FOODS THAT THEIR PARENTS AVOID OR DO NOT EAT.
4. YOU ARE A ROLE MODEL – BE A POSITIVE ROLE MODEL!

CHILDREN'S FOOD PREFERENCES ARE PRIMARILY SET BY WHAT THEY SEE THEIR PARENTS (AND OTHER SIGNIFICANT ADULTS) PUTTING IN THEIR MOUTHS.

CHILDREN ARE RESPONSIBLE FOR...

1. DETERMINING HOW MUCH **HEALTHY** FOOD THEY EAT
 2. CHOOSING WHICH FOODS THEY PUT IN THEIR MOUTH
 3. LEARNING ABOUT THEIR SELF AND THEIR ENVIRONMENT
 4. MASTERING FEEDING SKILLS
- ❖ **ALLOWING CHILDREN OPPORTUNITIES FOR MASTERY OF EATING, PROMOTES SELF-REGULATION AND BUILDS AUTONOMY.**
 - ❖ **CHILDREN DESIRE TO PARTICIPATE IN DECISIONS ABOUT THEIR OWN EATING.**
 - ❖ **TRY TO PROVIDE CHILDREN INPUT AND CHOICES CONCERNING WHAT FOOD IS SERVED AND HOW FOOD IS SERVED.**

FAMILY STYLE MEALS PROMOTE HEALTHY EATING



SIX RULES FOR SUCCESSFUL FAMILY STYLE MEALS

1. HAVE REGULARLY SCHEDULED MEALS.
2. LET KIDS SERVE THEIR OWN FOOD AND CHOOSE HOW MUCH TO PUT ON THEIR PLATE.
3. ENCOURAGE CHILDREN TO TAKE A TASTE OF EVERYTHING ON THEIR PLATE. LET THEM CHOOSE HOW MUCH **HEALTHY** FOOD TO EAT.
4. REMOVE DISTRACTIONS DURING MEALS. TURN OFF THE TELEVISION, COMPUTER, GAMING SYSTEM, AND DON'T TALK ON THE PHONE OR TEXT.
5. GIVE YOUR ATTENTION TO EACH OTHER. TALK TO EACH OTHER.
6. KEEP THE MEAL RELAXED. IF THERE IS A TENSE TOPIC THAT NEEDS DISCUSSED, SAVE IT TILL AFTER THE MEAL.

BENEFITS OF FAMILY STYLE MEALS

1. ARE ASSOCIATED WITH LOWER BMI'S IN CHILDREN AND TEENS
2. HAVE A POSITIVE EFFECT ON MENTAL HEALTH:
 - IMPROVED PSYCHOLOGICAL WELL-BEING
 - DECREASED RATES OF DEPRESSION IN CHILDREN AND TEENS
3. ARE ASSOCIATED WITH LOWER RATES OF DELINQUENCY, SMOKING, DRINKING, AND ILLEGAL DRUG USE IN PRETEENS AND TEENS
4. HAVE A POSITIVE IMPACT ON YOUNG CHILDREN'S LANGUAGE DEVELOPMENT AND WORD COMPREHENSION
5. ARE ASSOCIATED WITH GREATER ACADEMIC ACHIEVEMENT IN SCHOOL

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TO THE STAFF.

THANK YOU FOR YOUR TIME!

