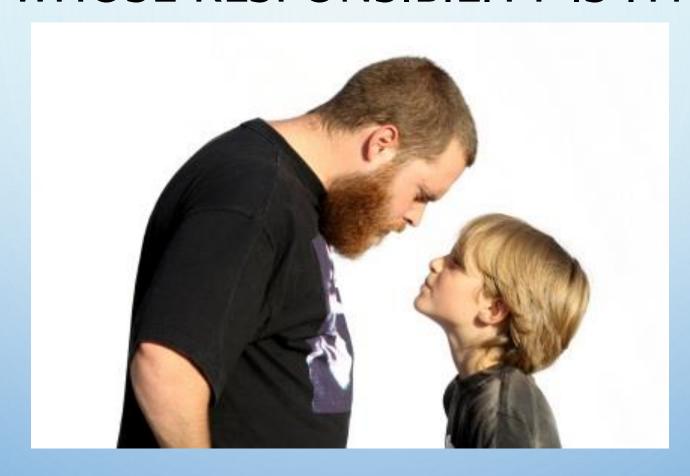
WHOSE RESPONSIBILITY IS IT?



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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 OF 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

DID YOU FIND THIS EDUCATIONAL HANDOUT HELPFUL?

PLEASE TAKE A MINUTE TO TELL
THE STAFF AT POSITIVE
PATTERNS FOR LIFE, LLC WHAT
YOU LIKED ABOUT THIS
EDUCATIONAL HANDOUT. GO TO
THE CONTACT PAGE ON OUR
WEBSITE AND SEND A MESSAGE
TO THE STAFF.

THANK YOU FOR YOUR TIME!



