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Healthy Kansas Kids

A Program of Child Care Aware® of Kansas

10 Tips for Raising a Successful Eater

Parents often want to know how to raise a “healthy” eater, usually referring to what foods their children are eating. The term “successful” eater captures a broader perspective including not only what, but also how, children eat. A successful eater is someone who likes eating and feels good about it. A successful eater is interested in food and likes a variety of foods. A successful eater enjoys being at the table and has fairly decent table manners—most of the time, at least. A successful eater knows when they are full or hungry based upon their own internal cues. A successful eater will try some new foods and will politely refuse foods that he or she doesn't want to eat. A successful eater can make do with less than favorite foods and can eat in places other than home.

It's important to raise successful eaters for a number of reasons. First, a variety in diet is important for a child's (and adult's) health and nutrition. Second, learning to recognize internal cues of hunger and fullness is important in maintaining a healthy weight. And finally, learning how to tolerate less than favorite foods and learning appropriate behaviors related to food are important in the development of positive social skills. You may be asking yourself, how do I get one of these successful eaters? What can I do to raise one? Here are some tips:

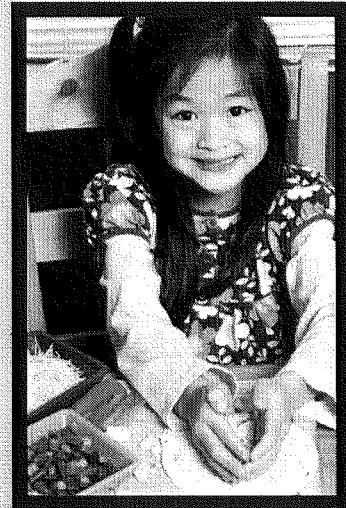
1. **Have family meals.** If you can only do one thing, this is the most important. Research has shown that children who eat meals regularly with their families develop better eating habits, do better at school, and are also at lower risk for obesity, substance abuse, and disordered eating.
2. **Serve meals family style.** Allow your children to serve themselves from all the food you put out on the family table.
3. **Always include one or two foods with meals that you know your child**

usually likes. Avoid catering to your children and only preparing foods that they request, but always make sure there's something, even if it's just bread, on the table that they will eat.

4. **Don't introduce too many new foods at once.** Try to pair new, unfamiliar foods with familiar foods.
5. **Maintain a positive social and emotional environment at the table.** If your child's eating is an issue, don't make it the focus of mealtime conversation.
6. **Understand the typical development of eating and progression of food acceptance.** Know that it is normal for toddlers and preschoolers to be somewhat finicky, to take many times to learn to like a new food, and to vary from day to day in how much they eat and what they eat.
7. **Be a good eating role model yourself.** Look at your own eating behaviors and diet and examine any unintended messages your behaviors may be sending to your child. What you do matters more than what you say!
8. **Understand the division of responsibility in feeding.** Familiarize yourself with Ellyn Satter's classic work, stating that parents are responsible for the *what, when* and *where* of feeding, while children are responsible for *whether* and *how much*.
9. **Relax about individual meals.** Your child's health is not determined by the nutritional value of a single meal. Look at patterns in food intake over a longer period of time than one meal—more like a week's worth of meals.
10. **Have patience.** Raising a successful eater takes time. There will be ups and downs along the way, but stick with it and don't give up!

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Hey Kids, Let's Eat!

Family Day – A Day to Eat Dinner with Your Children™ is a national effort to promote family dinners as an effective way to reduce substance abuse among children and teens. *Family Day* is celebrated on the fourth Monday in September. Research consistently finds that the more often children eat dinner with their families, the less likely they are to smoke, drink or use drugs. The conversations that go hand-in-hand with dinner will help you learn more about your children's lives and better understand the challenges they face. For more information on what you can do to celebrate Family Day and help raise drug-free, healthy youth; visit Kansas Family Partnership's website www.kansasfamily.com/FamilyDay or call 1-800-206-7231.

Looking for more information? To post questions and get more ideas, recipes and resources to keep your child happy, healthy and safe, join the Healthy Kansas Kids Group page on Facebook!

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Fruits and Veggies— Frequently Asked Questions

September is recognized as *Fruits and Veggies— More Matters™ Month*. Here are a few frequently asked questions regarding fruits and vegetables.

Is 5 a day still the recommendation?

The current recommendation for intake of fruits and veggies range from 4 to 13 servings a day, depending on age, gender and activity level. An easier way to be sure you're getting enough: fill half your plate with fruits and vegetables at each meal or eating occasion.

Can a person eat too much fruit?

Consumption of fruit would be considered excessive if the fruit is replacing other foods that are needed for health, including vegetables, protein foods, calcium-rich foods, and whole grains.

Is it a good idea to "sneak" pureed veggies into kids meals— is it as nutritious?

"Sneaking" vegetables and fruits into kids' food is a way for parents to feel comfortable that their kids are getting the good nutrition from fruits and veggies, especially if they are picky eaters. However, it is still important to include fruits and veggies in meals regularly so it becomes a habit for kids to include them at their meals.

Can you tell me what fruit is high in fiber?

These fruits are excellent sources of fiber (contain more than 5g per serving): Apples, blackberries, pears and raspberries. Good sources (which have 2.5 to 5g fiber per serving) include: Bananas, blueberries, kiwifruit, oranges and prunes.

Source: www.fruitsandveggiesmorematters.org



Tummy Time for Babies

Infants can explore their world and build their strength and skills through "tummy time" — when they have supervised free play on their bellies in open and safe places. This encourages babies to see, touch, and feel what's around them. Letting infants spend time on their stomachs helps them strengthen their neck and shoulder muscles and reach early movement milestones like rolling over, sitting up, and crawling. Tummy time also helps avoid getting a flat head (from laying down too often).

Try to give babies tummy time at least several times a day. To encourage movement, try putting favorite toys just out of reach. Always make sure infants have tummy time when they're awake and alert (never asleep) — and placed on a solid surface on the floor, never on a surface that's soft or up high (like a mattress or sofa). For more information and ideas on keeping kids active, visit *Let's Move Child Care* at www.healthykidshealthyfuture.org. Source: *Let's Move Child Care*

Healthy Eats

Celebrate Whole Grains Month with some Chic' Penne!

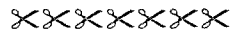
- 11.5 oz. whole wheat penne pasta
- 2 ¾ c. raw broccoli florets
- ¾ c. precooked chicken strips, thawed
- ½ c. low fat cheddar cheese, shredded
- ½ c. mozzarella cheese, shredded
- 3 T. Skim milk
- 2 T. Chicken broth
- ¾ t. Salt
- ¾ t. Black pepper



Cook pasta in a stockpot according to manufacturer's instructions. Drain pasta and rinse with cool water. Drain pasta again and place pasta in a 13 x 9 x 2" cooking dish. Place broccoli in a stockpot of boiling water or steamer for about 5 minutes. Drain broccoli and immediately rinse with cool water. Drain broccoli again and pour on top of pasta in cooking dish. Top pasta and broccoli with thawed, pre-cooked chicken strips, chopping chicken if pieces are too large. Sprinkle pasta mixture evenly with shredded cheeses. In a mixing bowl, combine milk, chicken broth, salt and pepper. Pour milk mixture evenly over the pasta mixture and mix with a spoon. Cover the baking dish with foil. Bake at 350 degrees F for 30 minutes or until mixture is bubbly and cheese is melted.

Source: *Recipes for Healthy Kids*, www.recipesforkidschallenge.com

NEW!



"Clip and Save" feature makes it easy to clip out and save this healthy recipe before recycling your Healthy Kansas Kids newsletter.

