



Building Blocks to Brighter Futures

Resources to Help Make Sure All Our Kids are "AOK"

Feeding Children the Right Message

The message we give our children is more than just words we speak. Children learn by watching our actions, challenging the rules to test if we mean what we say, imitating actions and words of others around them. Preschool age children want to please the adults around them. Giving positive messages brings out the best in children and through consistent practice becomes lifelong behavior. In learning feeding behaviors, Parents/caregivers and children both have responsibilities.

Child is responsible for how much and whether to eat:

- † Be pleasant at the table
- † Tolerate the presence of new foods
- † Make do with less favorite foods
- † Decide whether or not to eat
- † Decide how much to eat
- † Grow the way nature intended



Parents/Caregivers are responsible for what, when and where of feeding:

- ♀ Offer balance meals and routine snacks
- ♀ Eat with your child
- ♀ Eat the same things as your child
- ♀ Limit eating to scheduled meal and snack times; nothing but water between meal and snack time
- ♀ Discourage child to beg food or snacks from others
- ♀ Prepare one meal everyone can enjoy instead of something different for each person
- ♀ Avoid food battles
- ♀ Allow child to decide what he wants to eat; never force or bribe
- ♀ Avoid comments on child's eating as good or bad
- ♀ Gives hugs instead of food for rewards or comfort



With the right messages children learn to eat when they are hungry, stop when they are full and accept a variety of foods.

Resource: Satter, E. (2000). *Child of Mine: Feeding with Love and Good Sense*. Bull Publishing Co., Palo Alto, California
For additional information: AOK webpage,
http://www.kanehealth.com/aok_education.htm

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