



Building Blocks to Brighter Futures

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

FEEDING RELATIONSHIPS

The Parent or Caregiver is responsible for what, when and where of feeding, and children are responsible for how much they eat.

Do and Do Nots for Parents/Caregivers:

- Do offer balanced meals and routine snacks
- Do eat around a table with your child
- Do have your infant or baby sit at the table with the family as soon as he/she can sit in a highchair
- Do be pleasant at the table
- Do involve everyone in family talk
- Do offer same nutritious foods for the whole family
- Do introduce new foods to taste more than one time
- Do turn off the TV during mealtime
- Do put small amounts of each food on your child's plate
- Do Not get into food battles
- Do Not force or bribe your child to eat
- Do Not comment on the child's eating-good or bad
- Do have your child ask to be excused before leaving the table



For more information, please visit the Kane County Health Department's website at kanehealth.com/aok.htm or call 630-208-3801



Tips for Parents

Enjoying the Family Meal

Family meals are important. You create close bonds and lifelong memories around the family table. Family meals can teach your child about healthful eating. You just need to be a good role model. When you try new foods your child may be more adventurous with food, too.

Regular mealtimes give your child a better chance to eat a variety of foods to get the right amount to grow, stay healthy, and keep a healthy weight.

Children know how much they need to eat but they don't know what kinds of food they need. Offer your child healthy foods. You decide what to serve and when to serve it. Your child will decide how much to eat from the food you serve

- ❖ Serve your child 3 meals and 2 snacks every day.
- ❖ Serve a variety of healthy foods every day.
- ❖ Children eat smaller portion sizes than adults
- ❖ Children eat more on some days than others
- ❖ What your child eats in one day may not match the food guide pyramid.

Think about all the foods your child eats over several days.

Make it simple, make it quick! Spend less time in the kitchen and more time at the family table. Simple meals, even cold sandwiches, taste as good as meals that take more work. You can make any meal special if you all feel relaxed and if mealtime is filled with caring and laughter.

Show that family meals are Important. During mealtime, turn off the TV. Find another way to see favorite shows. Let the answering machine take your phone calls, too. Have your family make calls before or after the meal hour. Show that same respect for other families when you make phone calls.

Enjoy meal talk. Make easy conversations –no nagging or complaining. Talk so everyone can be a “star” at mealtime. Don't take over. Your child will listen and learn by feeling included.

Be realistic about mealtime. Try to sit down together. Keep meals from lasting too long. If kids get fussy, your family meal won't be fun.

Enjoying the Family Meal Does it seem impossible to fit family meals into your hectic schedule? Go step by step. Try to enjoy at least one family meal together each week. See what works, and plan from there.

Distributed by:

