



Mealtime Positivity



THE HEINZ ENDOWMENTS

HOWARD HEINZ ENDOWMENT • VIRA I. HEINZ ENDOWMENT

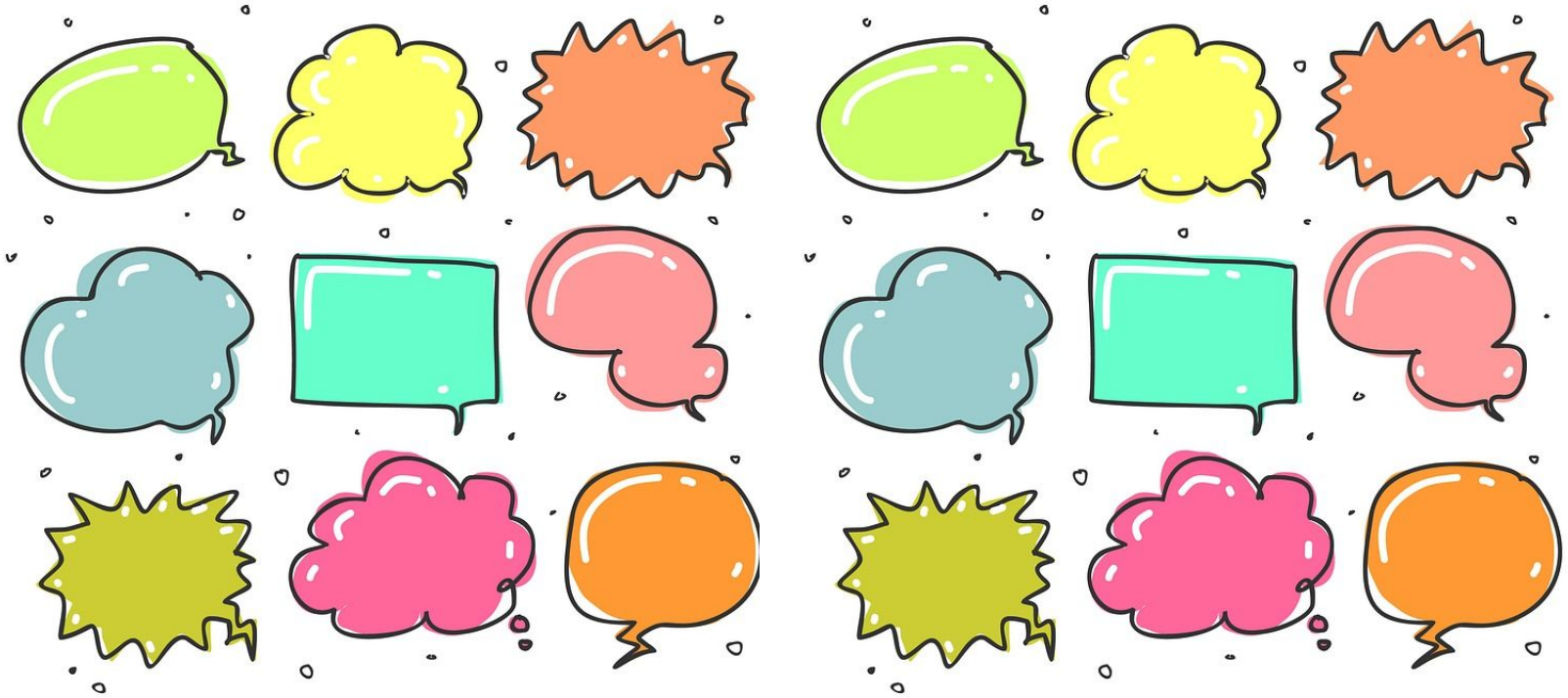
Maris Altieri, RD

UPMC HEALTH PLAN

Outline:

1. Group Discussion
2. The Division of Responsibility
 - Be faithful with family meals and snacks
 - Trust your child to eat
 - Prevent and solve feeding problems
3. Navigating Choosy Eaters
4. Resources

Group Discussion



Poll

1. Do you have a picky or “choosy” eater at home?
2. Are meal times stressful for you and your family?
3. What mealtime is your favorite to spend with your family?



What challenges do you face at the dinner table?

I feel like my kid doesn't eat anything!

Kid doesn't like what I make

Getting my child to eat veggies

Picky eating! I feel like I never win

My son will only eat chicken fingers

Trying to get my child to not say ew to everything I make

Only eats pasta, never veggies or protein



Double click on the Post It notes to edit



COMMON **STRESSORS** OF FEEDING KIDS



WHEN FEEDING YOUR KIDS IS FEELING STRESSFUL.....

- 1 Take a deep breath, parenthood is hard!
- 2 Know you are doing a good job, even if it doesn't feel like it.
- 3 Make something simple, you don't need to be fancy.



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The Division of Responsibility

“The division of responsibility in feeding (sDOR) encourages you to take leadership with the what, when, and where of feeding and let your child determine how much and whether to eat of what you provide. The division of responsibility in feeding applies at every stage in your child’s growing-up years, from infancy through the early years through adolescence.”

-Ellyn Satter, MS, RD, CICSW, BCD

Division of responsibility in feeding: Feeding Infants

Your responsibilities:

- The “what”: breast or formula feeding
- Help your baby be calm and organized
- Pay attention to their sleeping, waking, and feeding cues
- Feed smoothly, paying attention to their cues about timing, tempo, frequency, and amounts.

Child’s responsibilities:

- How much
- How fast
- How frequently

Division of responsibility: solids introduction to family food

Your responsibilities:

- Responsible for the “what”: breast/formula, semi-solids, thick-and-lumpy food, finger food
- Becoming responsible for the “when” and “where”

Child’s responsibilities:

- How much
- Whether they eat the foods you offer

Division of responsibility: feeding toddlers through adolescents

Your responsibilities:

- The what
- The when
- The where

Child's responsibilities:

- How much
- Whether they eat the foods you offer



Trust Your Child to Eat

Your child may eat a lot or a little, be big or small

- Sometimes your child will eat hardly anything. Other times they will eat more than you can ever imagine. **It is all normal.**
- Large children who don't get enough to eat – or fear they won't – think about food all the time and eat a lot when can.
- Small children who have food pushed on them get turned off by food and tend to eat less when they get the chance.

Trust Your Child to Eat

Some days they won't be hungry

NOT HELPFUL

I made dinner and they only ate a couple bites, it's not enough, they should eat more.



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MORE HELPFUL

I made dinner and they only ate a couple bites, that must be all their body needed.



Some days they will eat more than they say they will

"I DON'T WANT THAT MOM"

"You don't have to eat it, but I'll set it here."



SERVES IT ANYWAYS

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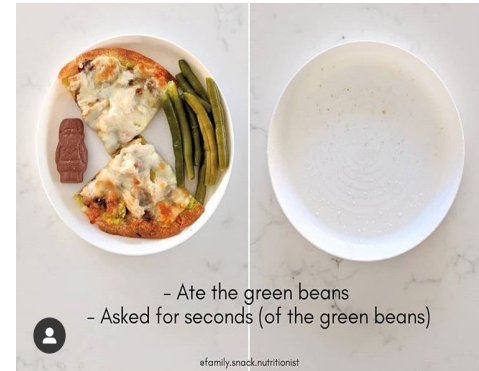
"I'M DONE MOM"

"Okay"



EATS WHAT THEY NEED

Some days they will ask for seconds



This is all normal!

Be faithful with family meals and snacks



Change the **how** of family meals first; worry about the **what** later

- Eat what you are eating now, just have it at regular meal- and snack-times.
- Once you have the meal habit, work towards the meal-planning
- Eat enjoyable food that is inclusive and fun to eat
- Let your child decide what and how much to eat

Be faithful with family meals and snacks

Use snacks to support mealtime

- Have snacks at set times midway between meals
- Consider snacks to be mini meals to keep your family energized
- Have snacks be sustaining: Pair a carbohydrate with a protein or fat
- It is the child's choice to eat how much or how little of the snack provided



Carbohydrate

+



Protein/fat

=



Prevent and Solve Eating Problems

- Children look, touch, taste, smell, and take in and out of their mouths. They watch us eat and learn from our attitudes and behaviors.
- Even after your child eats a food, they won't eat it every time.
- They are unlikely to eat some of everything from the meal, but only one or two foods.

LEARNING TO LIKE @ElementNutrition.Kids NEW FOODS...

SOME KIDS



< 10 tries
& eating

OTHER KIDS



20 + tries
& still not there...

**Different paces still finish the same
race, just at different times**

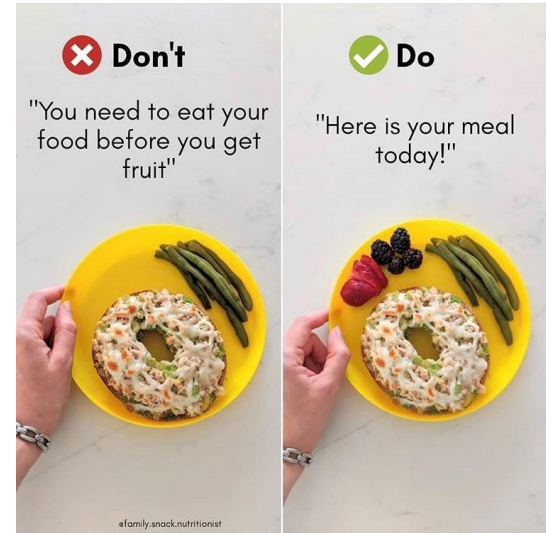
Prevent and Solve Eating Problems

- They find some tastes and textures challenging
- Pair familiar with unfamiliar, eaten with not-yet eaten
- Try to take “no thank you” for an answer
- Try not to use pressure, bribing, cheerleading, enthusing, saying “it’s healthy”



Let's Talk about Pressure...

- Pressure can seem positive!
- Pressure can be negative
- Pressure can seem like “good parenting”
- Pressure can be hard to detect
- Pressure is very difficult to “unlearn”...we will all slip up!



So how do I feed a choosy eater?

- Have regular meals and sit-down snacks
- Don't ask the child what they want to eat, but do be considerate without catering with meal planning
- Tell them, “you don't have to eat,” and show them you mean it
- Don't pressure them in any way to eat
- Make meals a pleasure and a privilege

when you hear: EW, GROSS
try saying:



that's a different
taste!



you're still learning



how can we make it
better?



we don't talk about
food like that



it takes time to know if
you like it or not



why?

Resources

- The Ellyn Satter Institute: <https://www.ellynsatterinstitute.org/>
- Instagram Accounts:
 - Elementnutrition.kids
 - Family.snack.nutritionist
 - kids.eat.in.color

Sources

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- Satter, E. (2019). Eat and feed with joy. Retrieved September 01, 2020, from <https://www.ellynsatterinstitute.org/>

Thanks!

Any questions?

You can find us at:

Email: letsmove@phipps.conservatory.org

Website: letsmovepittsburgh.org

Facebook: facebook.com/letsmovepittsburgh/