Are we having THAT for dinner?

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OBJECTIVES

- Review the basic principles behind feeding your family
- Define “picky eating”
- When to worry
- Tips & strategies













If your compassion
does not include yourself,
it is incomplete




HELLO
My Name Is
Expert



FEEDING YOUR FAMILY 101:

"the secret of feeding a healthy family is to love good food, trust yourself, and share that love and trust with your child. . .when the joy goes out of eating, nutrition suffers."

Satter. Secrets of Feeding a Healthy Family.



DIVISION OF RESPONSIBILITY

LEADERSHIP

what
when
where

AUTONOMY

how much
whether

Satter. Secrets of Feeding a Healthy Family.



FEEDING GUIDELINES

TABLE 3 Feeding Guidelines for All Children

Avoid distractions during mealtimes (television, cell phones, etc)

Maintain a pleasant neutral attitude throughout meal

Feed to encourage appetite

- limit meal duration (20–30 min)
- 4–6 meals/snacks a day with only water in between

Serve age-appropriate foods

Systematically introduce new foods ~~(up to 8–15 times)~~ **in neutral environment upwards of 15x**

Encourage self-feeding

Tolerate age appropriate mess



Kerzner, B et al. A Practical Approach to Classifying and Managing Feeding Difficulties. Pediatrics 2015 Feb;135(2):344-53.



DEVELOPMENTAL STAGES

- Infants: feed on demand
- Older baby: transition to the table; keep offering, don't get pushy & TAKE NO for answer!
- **Toddler**: 18-24 months = peak of "neophobia"; misperception can be beginnings of food struggles
- School-aged: continued support and structure; avoid pushing, cheerleading & shaming
- Adolescence: family meals are critical; "develop food-management skills"



FAMILY MEALS

- greater sense of family connectedness
- less “high-risk” behavior in adolescence
- happier
- smarter
- healthier



STRATEGY:

- Work up to structure (timing, location)
- Start with what your family already eats
- Expand slowly (remember compassion!)
- Let go of expectation (you don't have to eat it if you don't want to)
- Pair familiar with unfamiliar, favorite with not-so favorite and provide at lease one "safe" food
- Let everyone pick & choose from what's on the table
- **Reassure and enjoy your time together!**



FOCUS ON THE JOURNEY

"Raising good eaters takes years. Children learn bite by bite, food by food, meal by meal."

Satter. Secrets of Feeding a Healthy Family.



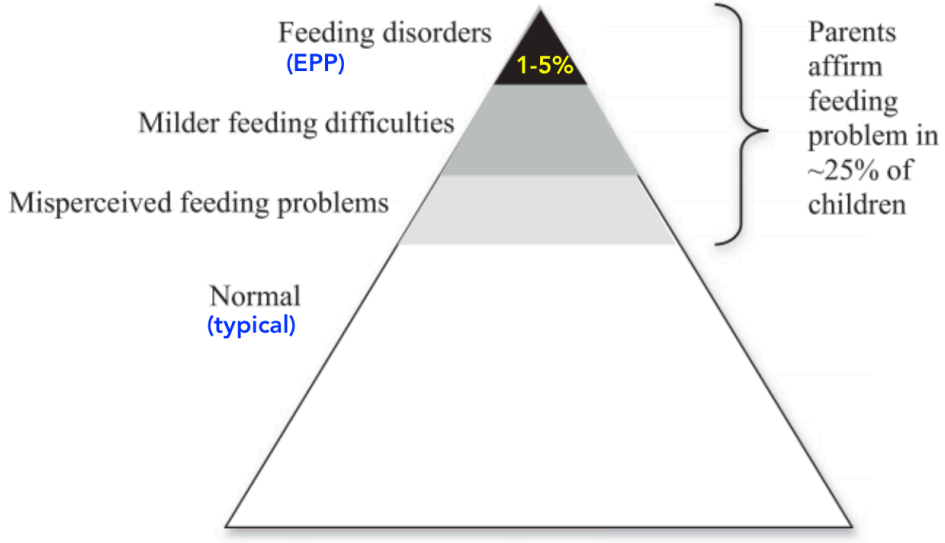
PICKY EATER

- Variety of definitions
- YOU are your child's feeding expert!
- Feeding temperament: curious and willing vs. extremely cautious
- Typical vs. EXTREME Picky Eating (feeding disorder)

Rowell and McGlothlin Helping Your Child with Extreme Picky Eating.



FEEDING DIFFICULTIES



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EXTREME PICKY EATING

TYPICAL — **FEEDING DISORDER/ EPP**

"not eating enough quantity or variety to support healthy emotional, physical, or social development; or eating patterns that are a significant source of conflict or worry"



CATEGORIES OF FEEDING DIFFICULTIES

1. Not enough quantity (limited appetite)
2. Not enough variety (selective intake)
3. Fear of feeding



WHEN TO WORRY

EMOTIONAL	PHYSICAL	SOCIAL
• upset or cries often around food • Feels bad about his eating	• Documented nutritional deficiencies • Falling off growth curve • Difficulty swallowing, choking, vomiting • Pain with feeding	• Can't go to sleepovers or other social gatherings • Isolation due to menu limitations • Teased by peers • Extreme attention paid to child's eating



UNDERLYING CONDITIONS

- Medical (reflux, allergies, cardiac, etc.)
- Sensory
- Behavioral/developmental



APPROACH to PICKY EATING

1. Acknowledge past pressure
2. Let her know there will *always* be something for her to eat
3. Reassure you won't be disappointed if he doesn't eat
4. Avoid praising (can be a form of pressure) or labeling child
5. Continue exposing to new flavors & foods



Tips & Strategies







TALKING ABOUT FOOD

Talk about food in ways that stress joy and balance rather than increase anxiety



BE WARY OF "NUTRITION TALK"

"Adults teach nutrition by serving and enjoying the foods we want our children to eat."

Rowell and McGlothlin Helping Your Child with Extreme Picky Eating.



IMPORTANCE OF ROUTINES

Routines help children eat better, help you parent more effectively, and bring families closer together.



GET THEM INVOLVED

Children who help prepare foods are more likely to try them , BUT there's no guarantee!



AVOID PRESSURE

Offer foods without encouraging, reminding, or pressuring. The more you say, the more your child will argue.





FACILITATE vs. ENCOURAGE/PRESSURE

- Facilitate = support without pressure
- Know your child: some kids may respond to gentle encouragement to try new foods
- Bottom line: you will no if it's "pressure" by your child's reaction



DON'T BE A SHORT-ORDER COOK





DON’T BE SNEAKY





DO BE A ROLE MODEL





SET THE MOOD





TRUST YOUR INSTINCTS

If more flexibility, a “tide-me-over” snack, or different approach seem loving and supportive, trust you instincts as a parent.



REMEMBER COMPASSION





EAT TOGETHER & WITH JOY





THANK YOU!





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QUESTIONS ???

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