



Eat, Play, Love: Raising Healthy Eaters

Brought to you by Dairy Council of California and MealsMatter.org

TEN SIMPLE WAYS PARENTS CAN EAT, PLAY, LOVE TO RAISE HEALTHY EATERS

1. Focus more on HOW to feed kids versus WHAT to feed kids.
2. Adopt a feeding strategy, and use Ellyn Satter's "[Division of Responsibility in Feeding Model](#)," in which parents decide the "what, when and where" of feeding and children decide "whether" and "how much" they'll eat.
3. Trust children to respond to their own hunger and fullness cues.
4. Make time for family meals—breakfast, lunch or dinner—and serve the same meal for adults and children. No short-order cooks!
5. Take a positive approach to food; don't talk about foods as good or bad.
6. Be a healthy role model. Try new foods, make healthy choices, drink milk and eat a variety of foods from all food groups.
7. Don't bargain, bribe or reward kids with food.
8. Expose children to new foods 10 – 15 times or more. Pair a new food with a favorite for a more positive experience.
9. Give kids choice—let them choose between two healthy options, like carrot or celery sticks with yogurt-based dip as a first course or applesauce or pears for dessert.
10. From an early age, get children involved in planning and preparing healthy meals.

These tips were compiled from a webinar featuring registered dietitians Janet Helm, Maryann Jacobsen, Jill Castle and Andrea Garen. Download a recording of the webinar at <http://learningtimesevents.org/dairyCouncilofca/>. For more tips on raising healthy eaters, visit the MealsMatter.org website.