

# Illinois WIC Talk

## “Feeding Children the Right Message”

### Cover Page

### Topic

- Developing a healthy feeding relationship for children.

### Target Audience

- Parents of children ages 1-5 years

### Key Messages

- The Parent/Caregiver is responsible for the what, when & where of feeding.
- The Child is responsible for how much & whether of eating.
- When the division of responsibility is followed, children learn to eat when they are hungry and stop when they are full.

### Handouts

- DHS Handout “Feeding Children the Right Message” (Attachment 2 English Attachment 3 Spanish)

### References / Resources

- Satter E. *Child of Mine*. Bull Publishing, Palo Alto, California, 2000.
- [www.ellynsatter.com](http://www.ellynsatter.com) : newsletters, articles and educational materials

### Evaluation

- “What is one new thing you learned today about feeding your child?”
- “What is one new thing you can do to make meals better for your child?”

**Illinois WIC Talk**  
“Feeding Children the Right Message”

**Topic Overview**

The following summarizes open ended questions used during the group session that follows. These can be also used during Individual Education to facilitate the discussion around this topic. Offer handouts listed on the cover page.

**OPEN:**

Have you ever really pushed your child to eat something? What happened?

Have you ever told your child there was a food they could not have? What happened?

**DIG:**

What do you feel your job as parent or caregiver is when it comes to feeding your child?

What do you feel is your child’s job when it comes to eating?

What foods do you offer your child for meals and snacks?

How often do you offer meals and snacks to your child?

What does “offer” (food) mean to you?

**CONNECT:**

With that in mind, would you change your idea of what the parent’s job is when it comes to feeding?

What about changing any feelings on what the child’s job is when it comes to eating?

**ACT:**

What are some foods you should OFFER to children for meals and snacks?

What can you do today – and the months ahead to- to develop a healthy feeding relationship with your child?

What steps can you take today to meet your goal?

# Illinois WIC Talk

## “Feeding Children the Right Message”

### 1) Group Education

#### Lesson Plan

**OPEN:** Emotion-based counseling starts with provocative questions, activities or stories that lead to emotion-based conversations, not to an immediate transfer of knowledge.

#### **Introduce yourself, credentials, and briefly introduce the topic**

- State how long the session will be (should be less than 30 minutes)

**Have learners introduce themselves, their children and how old their children are. Ask them to share one thing that they enjoy about feeding their children.**

*Presenter should review the Master copy of handout “Feeding Children the Right Message” while discussing the following questions.*

#### **Have you ever really pushed your child to eat something? What happened?**

The majority will likely indicate that the more they tried to get the child to eat the less they wanted the food.

**Have you ever told your child there was a food they could not have? What happened?** The majority will likely indicate that the more they said the food was forbidden the more the child wanted the food.

**DIG:** During the "dig" step, the facilitator asks questions to get the learners to open up, share their memories and experiences and get closer to the topic.

#### **What do you feel your job as parent or caregiver is when it comes to feeding your child?**

- Encourage participants to share their ideas

#### **What do you feel is your child’s job when it comes to eating?**

- Encourage participants to share their ideas

*Review the Division of Responsibility: write it on front board of flip paper.*

- The Parent/Caregiver is responsible for the what, when & where of feeding.
- The Child is responsible for how much & whether of eating.

*When the division of responsibility is followed, children learn to eat when they are hungry and stop when they are full.*

## Illinois WIC Talk “Feeding Children the Right Message”

### **What foods do you offer your child for meals and snacks?**

- Encourage participants to share their ideas

### **How often do you offer meals and snacks to your child?**

#### Sample Responses:

- 3 meals and 1 or 2 snacks each day.
- Space snacks so your child can eat every 2 ½ - 3 hours
- Time snacks so they will be hungry at mealtime

*Preschoolers often do not eat enough at a meal to stay full until the next mealtime*

### **What does “offer” (food) mean to you?**

*It is recommended to physically offer by presenting a planned meal or snack to a child with several food items. Verbally offering is when a parent/caregiver voices unplanned food options to a child in the form of a list or as a question.*

**CONNECT:** During the "connect" step, parents connect the conversation topic with their values, attitudes, beliefs and feelings. The facilitator helps parents reflect on their personal needs and wants and connects them to the health-related behaviors being suggested.

### **With that in mind, would you change your idea of what the parent’s job is when it comes to feeding?**

Encourage participants to share ideas, while offering ideas from the handout “parents/caregivers decide the what, when and where of feeding.”

### **What about changing any feelings on what the child’s job is when it comes to eating?**

Encourage participants to share ideas, while offering ideas from the handout “Your child has some responsibilities, he can decide how much and whether to eat.”

**ACT:** During this “step” the facilitator helps the participants identify specific action steps and build confidence to help them be the parent they want to be.

### **What are some foods you should OFFER to children for meals and snacks?**

#### Sample Responses:

- Offer foods that contribute toward your child's needs
- Low fat milk (or other dairy food)
- Whole grain bread
- Fruit and Vegetable
- Protein food
- Offer juice or milk with snacks

*Use MyPlate as a guide for what foods to offer your child.*

## **Illinois WIC Talk**

### **“Feeding Children the Right Message”**

**What can you do today – and the months ahead to- to develop a healthy feeding relationship with your child?**

**What steps can you take today to meet your goal?**

## **2) Self-Study Module (SSM)**

### **Procedures**

*Agencies must follow State policy as described in the WIC Policy and Procedure Manual (PPM), Section “Nutrition Education”, part 5.2.*

### **Methods**

- Give participants “Feeding Children the Right Message” handout listed on the Cover Page.
- Instruct participant to review the handout and then complete Activities 1, 2, and 3 on the SSM Worksheet (Attachments 4 (English) and 5 (Spanish)).
- Ask participant if she would like to talk with a CHP about the information or if she has any questions.



# Feeding Children the Right Message

Cook together, eat together, and make mealtime a family time!

Parents/caregivers decide the what, when and where of feeding.

**This means that you can:**

- Have sit-down meals and snacks at about the same time each day
- Eat with your child, talk about fun and happy things at mealtime
- Focus on each other at the table, turn off the television, and take phone calls later
- Offer the same foods for everyone
- Teach by example - eat vegetables, fruits, and whole grains with your meals and snacks
- Let your child 2 years and older, serve himself
- Let your child decide how much to eat - avoid food battles and bribery
- Go shopping together, teach your child about food and nutrition
- Reward with attention, hugs and kisses, not food



Your child also has some responsibilities, he can decide how much and whether to eat.



**This means your children can:**

- Decide whether or not to eat
- Decide how much to eat
- Eat a variety of foods
- Make do with less favorite foods
- Be pleasant at the table
- Stay seated at the table during snack and meal time
- Grow the way nature intended



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# What to offer your child



## At Meals

- Use MyPlate as a guide for what foods to offer your child
- Put together meals with foods you and your family enjoy
- Allow your child to eat what tastes good to him and as much as he is hungry for
- Make mealtimes pleasant - don't scold or fight



## At Snack Time

- Space snacks so your child can eat every 2 1/2 - 3 hours - try to time them so he will be hungry at mealtime
- Plan sit-down snacks - you are in charge of the menu and where and when the food will be served
- Include 2 or 3 foods - work in foods you may have missed otherwise (including vegetables or sweets!)

Offer juice or milk with meals and snacks and water in between.



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





# Alimentando a sus Hijos con el Mensaje Correcto

## ¡Cocinando juntos, comiendo juntos y que las comidas sean un momento familiar!

Los padres o personas responsables deciden qué, cuándo y en dónde comer.

### Esto significa que usted puede:

- Comer las comida y meriendas en la mesa a la misma hora cada día
- Comer con sus hijos y hablar sobre asuntos divertidos y felices en la hora de las comidas
- En la mesa, enfocarse en cada uno, apagar la televisión y recibir llamadas de teléfono después de las comidas
- Ofrecer las mismas comidas para todos
- Enseñar con ejemplos - comer verduras o vegetales, frutas y granos en sus comidas y meriendas
- Permitir que sus hijos de 2 años o mayores se sirvan ellos mismos
- Permitir que su hijo decida cuánto quiere comer - evite batallas y sobornos
- Vayan de compras juntos, enseñe a sus hijos sobre las comidas y la nutrición
- Prémiele o recompense con atención, besos y abrazos, no con comida



Su hijo también tiene ciertas responsabilidades, él puede decidir si debe comer y cuánto comer.



### Esto significa que sus hijos pueden:

- Decidir si quieren comer o no
- Decidir cuánto comer
- Comer una variedad de alimentos
- Conformarse con menos alimentos favoritos
- Ser cortés en la mesa
- Permanecer sentado en la mesa durante las comidas y meriendas
- Crecer de manera natural



# Qué ofrecerle a sus hijos



## En las comidas

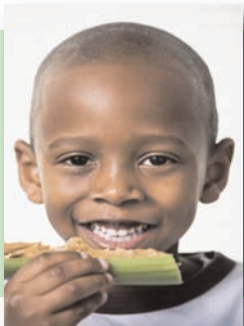
- Use este plato como guía para ofrecer los alimentos a sus hijos
- En las comidas sirva los alimentos que le gustan a su familia
- Permita que sus hijos coman lo que le guste y la cantidad que puedan comer si tienen hambre
- Haga placentera la hora de comer - no reniegue o pelee



## En las meriendas

- Separe las meriendas para que sus hijos coman cada 2 1/2 - 3 horas - trate de calcular el tiempo para que tengan hambre a la hora de la comida
- Planee meriendas en la mesa - usted está a cargo del menú y dónde y cuándo se servirá la comida
- Incluya 2 o 3 alimentos - trabaje con alimentos que usted puede extrañar (incluya verduras o vegetales o postres)

Ofrezca jugos o leche con las comidas y meriendas y también agua.



Los niños aprenden a comer bien con mensajes correctos cuando tienen hambre, paran de comer cuando están satisfechos y tratan una variedad de alimentos.



# Illinois WIC Talk

## Feeding Children the Right Message

### Self-Study Module (SSM)

Name \_\_\_\_\_ Date \_\_\_\_\_

#### ACTIVITY 1: Who decides about eating?

Read the handout "Feeding Children the Right Message." The parent/caregiver has some responsibilities when it comes to decisions with feeding your child.

Circle the words for what the parent/caregiver decides about feeding:

What                      How                      When                      Where                      Who

The child is responsible for how much and whether he eats.

By following the responsibilities at feeding times, your child learns:

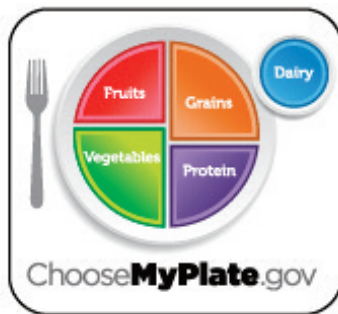
- to try new foods, it may take several tries before he decides he likes something
- mealtime is pleasant, everyone sits at the table and enjoys one another
- to eat when he is hungry and stop when he is full; to grow healthy

#### ACTIVITY 2: What to offer your child?

From the handout section, "What to offer your child," check any of the boxes below for items that you feel you are already doing at meals and/or snack times:

##### At Meals

- Use MyPlate as a guide for what foods to offer my child
- Put together meals with foods my family enjoys
- Allow my child to eat what tastes good to him and as much as he is hungry for
- Make mealtimes pleasant



##### At Snack Time

- Space snacks so your child can eat every 2 1/2 - 3 hours
- Plan sit-down snacks
- Include 2 or 3 different foods
- Offer juice or milk with meals
- Offer water between meals

#### ACTIVITY 3: What will you try before your next visit?

Use the handout ideas listed in "This means that you can" section to pick one idea to try before your next visit. Write the idea below:

I plan to: \_\_\_\_\_



# Charla con Illinois WIC

## Dar a Sus Hijos el Mensaje Correcto Sobre la Alimentación - Módulo de Estudio Por Sí Mismo (SSM)

Nombre \_\_\_\_\_ Fecha \_\_\_\_\_

### ACTIVIDAD 1: ¿Quién decide lo que se prepara en las comidas?

Lea el folleto "Dar a los Hijos el Mensaje Correcto Sobre la Alimentación." Los padres / personas a cargo tienen algunas responsabilidades cuando se trata de decisiones sobre qué alimentar a sus hijos. Circule las palabras que indican lo que los padres / personas a cargo deciden con relación a la alimentación:

Qué                                      Cómo                                      Cuándo                                      Dónde                                      Quién

El niño es responsable de la cantidad que come y si come o no.

Siguiendo las responsabilidades en las comidas, su hijo aprende:

- a probar nuevos alimentos, puede tomar varios intentos antes de que su hijo decida que algo le gusta
- que la hora de comer es agradable, todos se sientan en la mesa y disfrutan de uno al otro
- a comer cuando tiene hambre y parar cuando esté satisfecho, para crecer saludablemente

### ACTIVIDAD 2: ¿Qué ofrecerle a su hijo?

De la sección del folleto, "¿Qué ofrecerle a su hijo?", en las siguientes casillas marque lo que ya está ofreciendo en las comidas y o meriendas:

#### En las comidas

- Use Mi Plato como guía para que sepa qué alimentos ofrecer a su hijo
- Prepare las comidas con los alimentos que su familia disfruta
- Permita que su hijo coma lo que le gusta hasta que se satisfaga
- Procure que la hora de comer sea agradable



#### En las meriendas

- Aplase las meriendas para que sus hijos puedan comer cada 2 1/2 - 3 horas
- Planifique para que se sienten en la mesa durante las meriendas
- Incluya 2 o 3 alimentos diferentes
- Ofrezca jugo o leche en las comidas
- Ofrezca agua entre las comidas

### ACTIVIDAD 3: ¿Qué probaría antes de su próxima visita?

Lea las sugerencias del folleto en la sección "Esto significa que usted" y escoja una sugerencia para que la pruebe antes de la próxima visita:

Yo planifico: \_\_\_\_\_