



What's Your Feeding Style?

A feeding style is the collection of attitudes and actions a parent uses when feeding their child. Your feeding style can have a huge impact on your child's health and their relationship with food. There are four different feeding styles:

Permissive

- Also known as the 'yes' parent
- No limitations on type or amount of food the child may have
- At first, the parent may say 'no' to a food but they end up giving in to the child's demands

Result: Children may have problems with extra weight

Uninvolved

- Parent is not prepared with shopping and cooking
- No plans for meals
- Empty cabinets and refrigerator
- Food and eating may not be important to the parent

Result: Children may become over-focused on food

Authoritarian

- Many rules around eating
- Eating is directed by the parent
- Parent plates the child's meal
- 'You must clean your plate'
- 'You can only have dessert if you finish your dinner'

Result: Children may have problems with extra weight or underweight

Authoritative

- The 'Love with Limits' feeding style
- Promotes independent thinking but also sets boundaries for the child
- Parent sets details for the meal (what and what time) but child decides if they will eat and how much

This is the recommended feeding style!

Tips for Authoritative Feeding:

- Encourage children to eat only in certain areas, such as the kitchen table. This can prevent mindless eating. Make it fun: Have your child design a "designated eating zone" sign.
- Present your child with a couple of healthy options at snack time and let them choose which one they would like to eat.
- Have scheduled eating times. If you need to stall when it's not time to eat, try distracting your child with a book or a toy.
- Place fruits and veggies in the shape of an animal or insect or provide a variety of fruits and veggies and challenge your child to create his or her own food art.
- Leave healthy snacks (ready-to-eat vegetables and fruit) where children can easily reach them at snack time.

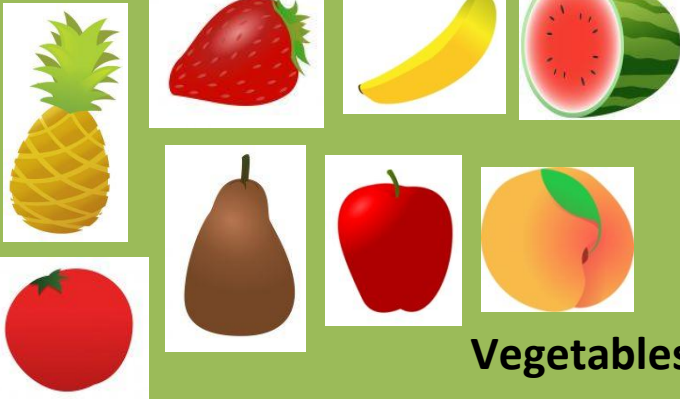




Building Your Child's Healthy Eating Habits

Use the guide below to build healthy meals and snacks for your child. Provide plenty of the foods in the green box (fruits, vegetables, lean protein and whole grain) and limit intake of foods in the red box (sugar sweetened beverages, candy, pastries, fast food and salty snacks). Remember that foods in the red box can still be enjoyed occasionally.

Fruits

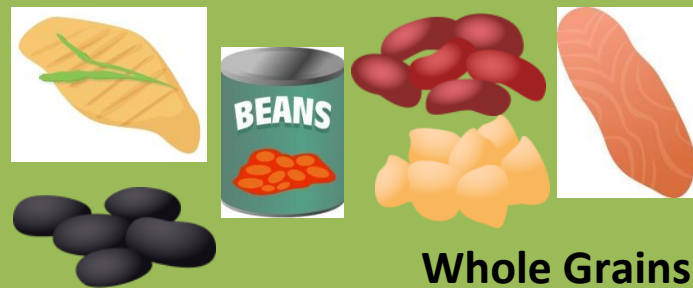


Vegetables



Lean Sources of Protein

(poultry, fish, shellfish, tofu, beans, eggs)



Whole Grains

(whole wheat bread, brown rice, whole grain crackers, whole wheat tortillas)



Sugar Sweetened Beverages

(Soda, Capri Sun, Kool Aide, Lemonade, Fanta, sweet iced tea, Gatorade, etc.)



Candy



Pastries

(cookies, cake, brownies, etc.)



Fast Food



Salty Snacks

