

Overview, Reading List & Other Resources

Picky Eating: 6 Strategies for Helping Kids Eat Healthy

1. Positive “picky-free” parenting
2. Healthy mealtime routines
3. Getting kids to help in the kitchen
4. Grocery adventures & taste explorations
5. Enlist non-parent positive influencers
6. Seek professional help for deeper problems



Picky-free Parenting Guidelines:

“Rule” #1 Be a good role model

- Your example is extremely powerful.
- Let the kids see your openness to trying new flavors & tastes.

“Rule” #2 Parent/Child Roles

- Parents decide
 - what food is offered
 - when it is offered (meal & snack times)
 - where to eat
- Kids decide what and how much (of offered food) to eat.

“Rule” #3 See the value in one bite

- Repeat exposure (10-15 times) & they will come around to new foods.

“Rule” #4 Clean plates not required

- Pay attention to hunger cues for fullness.
- Use hunger scale to help your kids (*see page 4*) to make choices on hunger & fullness.
- Become a more mindful eater.

“Rule” #5 No food rewards (*sweets, dessert*)

- Only a short-term fix.
- Can lead to emotional eating.

“Rule” #6 Mealtime = Family time

- Shop, cook & eat together at least 3 times per week.
- No screens at table.
- Don't prepare special meals for picky eaters.

“Rule” #7 One family, one meal

- You don't have to be a short-order cook.

“Rule” #8 Learn together

- Plant a garden.
- Get kids to shop with you.

“Rule” #9 Have fun!

- Try not to take mealtime too seriously.
- Enjoy!

“Rule” #10 Be consistent, not rigid

Pick a couple of these 10 to work on first
(from <https://www.cpmgsandiego.com/picky/>)

How NOT to Say “Eat another Bite!”

by Marsha Dunn Klein

- Describe the properties of the food
- Describe your own interactions with the food
- Create a new way to try or interact with the food
- Give choices & Combinations
 - Which do you want first, the (banana) or this (grape)?
 - Do you want the Big (cheese) or the Little (cheese)?
 - Do you want your smoothie in This cup or That cup?
 - Which straw do you want to use for your drink?
 - Can you pick up that (piece of waffle) with this toothpick?
 - Can you make this (cracker) Crunch?
 - How loudly (softly) can you crunch?
 - Which side do you want to crunch that on?
 - Which part of this horse shape (cut with cookie cutter) do you want to bite?
 - Can you bite the horse’s tail?
 - Yum, I like pasta!
 - I can put my pasta in this sauce!
 - I can lick these sprinkles off my (apple slice)
 - Dad, do you want some (cheese)?
 - Do you want to taste the (yogurt) off the spoon or the whistle (or the finger or my finger or your finger or the carrot or apple slice)?
 - Please hand me another (carrot).
 - Do you want to spread (cream cheese) or (jelly) on your next bite of cracker?
 - Which color grape (green or purple) do you want to get with the toothpick?
 - What letter (in the Alphabet soup) shall we find next?

Recommended Reading List

- **How to Get Your Child to Eat But Not Too Much and Child of Mine: Feeding with Love and Good Sense**
by Ellyn Satter
- **Food Chaining: The Proven 6-step Plan to Stop Picky Eating, and Solve Feeding Problem & Expand Your Child's Diet.**
by Cheri Fraker, Mark Fishbein and Sibyl Cox
- **Feeding Problems, and Expand Your Child's Diet**
by Fraker, Fishbein, Cox & Walbert
- **Finicky Eaters: What to Do When Kids Won't Eat**
by Lori Ernsperger
- **Just take a bite: Easy, Effective answer to food aversion and eating challenge.**
by Lori Ernsperger & Tania Stegen-Hanson
- **Meals Without Squeals: Childcare Feeding Guide and Cookbook**
by Berman & Fromer
- **No One Ever Told Me (Or My Mother) That!**
by Diane Bahr
- **Treating Eating Problems of Children with Autism Spectrum disorders and Developmental Disabilities**
by Keith Williams and Richard Foxx (*Both authors are Board Certified Behavior Analysts so the strategies in the book are good for children without autism as well.*)
- **Helping your child with extreme picky eating**
by Jenny McGlothlin and Katja Rowell
- **Raising a Healthy, Happy Picky Eater: A Parent Handbook: A Stage by Stage Guide**
by Nimali Fernando
- **The Picky Eater Project: 6 weeks to Happier, Healthier Family Meal Time**
by Natalie Digate Muth

Websites

- Ellyn Satter - www.ellynsatter.com
- Food Chaining - www.cheriandlaura.blogspot.com
- Food chaining - www.facebook.com/pages/FoodChaining/127078483991561
- My Munch Bug - www.mymunchbug.com
- Zero to three - <https://www.zerotothree.org/resources/1072-how-to-handle-picky-eaters>.

Are you hungry?

Are you really hungry or do you just think you are? Use this handy hunger scale to reconnect with your body's signals.

To avoid overeating, rate your hunger on a scale of 1 to 10:



Hungry at bedtime?

Consider a healthy bite light enough to avoid heartburn, but satisfying enough to keep hunger pangs from waking you in the wee hours.



PeaceHealth

peacehealth.org/healthy-you

Source: HealthWise

Peacehealth.org/picky-eaters

Source: Jendy Newman, RD, CDE & Tok-Hui Yeap, RD, CSP
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