

PARENT EDUCATION

Strategies to Encourage Eating

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Strategies to Encourage Eating:

Child's Behavior

Takes bites of food

Strategy

Notice this, and compliment child on eating.

Engages in excess talking

Ignore until child takes a bite, then answer questions or engage in conversation.

Complains about not liking foods

Ignore complaints, compliment child for eating foods.

Leaves the table

Set rules about staying at the table during meals. Guide child back to the table with minimal discussion.

Complains of being full

Prior to meal, set expectations for amount of food intake and meal length (approximately 20 minutes). Keep child at the table for meal length and reward if food intake goals are met.

Additional Strategies:

- Add fats such as butter, gravy, cheese, or dressings to starches, fruits and vegetables.
- Use whipped cream on fruits and desserts.
- Make "super milk": ½ cup whole milk plus ½ cup half-and-half.
- Flavor milk with syrups or powders (such as chocolate or strawberry) or add flavored whole-milk yogurt to milk.
- Add eggs to hamburger meat or casseroles. (Never serve raw eggs).
- Use extra salad dressing; avoid low-calories or reduced-calorie dressings.
- Serve gravies and cheese sauces.