



Common Mistakes Parents Make When Feeding Their Children

Whether we are aware of it or not, we help shape the eating habits of our children. Take a look at the most frequent negative behaviors we exhibit as parents, see which ones you do and begin changing your thoughts and behaviors when it comes to feeding.

- **Keeping kids out of the kitchen.** Of course we want the children to be safe from sharp knives, hot stoves and boiling water ... but be aware that involving your children in meal preparation helps you get them interested and to try new foods.
- **Demanding them to take "a bite."** Children react negatively when you pressure them to eat foods, even if they are "awards." Do not force them to eat or clean their plates. The key word is "demanding." Place food on their plates, mention what it is and invite them to try it. Make food colorful, interesting and tasty. If child is not interested, do not demand they try it . . . try again the next day or soon after.
- **Keeping the good stuff out of reach.** We all know that munching on too many sugary, high-fat treats will put on those pounds, but hiding treats or putting them out of reach just make kids want them more! Keep healthy good foods around and available (like fresh hand fruit on the counter rather than those cookies in a cabinet on the third shelf).
- **Eating unhealthy foods in front of the children.** Kids watch what you eat and will more likely try out the foods they see you eating. Be aware of modeling the behaviors and perceptions about food you want your children to have. Pick a healthy diet for yourself and them.
- **Serving boring vegetables.** Mistakenly, in attempts to cut calories, parents sometimes cut out flavor. Steamed veggies are boring. Dress them up with chopped fresh herbs and a touch of pure, organic butter.
- **Giving up too soon.** Children's eating preferences are fickle and change often. Be patient. Prepare a variety of good-for-you foods to offer at the table. Sometimes it takes more than ten attempts, over many months, to introduce a food!

Getting healthy yourself and adopting healthy attitudes about food are two of the best things you can do for your children. To learn recipes and how to prepare foods you and your entire family can enjoy contact Anita Brown Culinary Coach at 847 341-4623 or email us at culinarycoach@comcast.net. Coach Anita can assist with an array of personal services to help you – in your own kitchen – with helpful cooking techniques, smart menu planning and the enhanced enjoyment of eating. AND ... Check out this site for more food for thought about feeding your children <http://www.healthykidsideas.com/september-2011-eggcellent-eggs/>

Provided By:

LAZAR'S
JUVENILE FURNITURE