

TEAM UP for FAMILIES



Winning the Mealtime Battles



Quiz: What's your style?

- 1. When you serve a meal your child doesn't like, you:**
 - a. Let him get something else to eat from the refrigerator.
 - b. Tell him this is what is for dinner and to eat what he wants from the food you served. If he chooses to eat none of it that is okay too.
 - c. Make him eat everything on his plate before he can leave the table.
- 2. You want your daughter to eat healthier and drink less soda, You:**
 - a. Still drink your soda but expect her to follow your rules. After all, it is not your diet that needs changing.
 - b. Stop bringing soda into the house.
 - c. Drink less soda along with your daughter but still buy it for other adults in the house. It is easier than hearing them complain.
- 3. Dinner is served each night:**
 - a. Whenever people are hungry. They can go get whatever they want.
 - b. Around the same time each night, depending on schedules.
 - c. After people start telling me they are hungry. I make food for everyone but some times at 6pm and sometimes at 9pm. It just depends on when they ask for it.

The results are in!

If you chose mostly A's...

You have a lot on your plate! Instead of letting unpredictable schedules rule your parenting, take charge and set a household schedule. This way, everyone knows what to expect – including you! You are the parent and your children watch and learn from what you do. They expect you to be the leader and set the schedule and rules for them to follow. Set a good example and your children will follow.

If you chose mostly B's...

Your actions let your children know you are in the lead in your house. Having meals and snacks around the same time each day makes sure kids and parents are hungry and ready to eat at the right times each day. Being a good role model is a great way to teach your child how you want them to behave without having to say a word. Make sure your rules and schedules fit your children's needs. This makes it easier for them to follow.

If you chose mostly C's...

You try to make everyone happy. The best way to a happy household is to have a regular schedule everyone follows. This way they know they can trust what will be happening each day. Schedule a time each day where you sit together and eat the same foods. Steer away from buying special foods for each person. When everyone in the house feels like they are working together, you build a healthy family team.

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Who's in Charge in Your House?

Each time your child eats, whether it is a snack or a meal, it is a shared activity with you. There are roles for both you and your children in every eating experience. It is your role to decide what foods are available to children, and when and where those foods are offered. Your children then decide whether they want to eat what is offered and how much to eat. Prepare enough for everyone at the table, but not so much that family members are tempted to overeat. Allow your child to get familiar with feelings of hunger and fullness so they will know on their own when to eat, and when to stop.



The best way to get your child to eat healthy is to eat healthy yourself. You are your child's first and most important teacher. Children learn more about good behavior by watching what you do - not listening to what you say. The best way to pass along family values and teach your children what is important to you is to show them what you want. At this age children are becoming more aware of what is "fair." That means that if you are doing something (like drinking soda) that they are told not to do, they are more likely to break the rule.

School Connections

Lesson Connection

Lesson 1: Introduction to Nutrition, Agriculture and Gardening

Your child has been busy learning different things about nutrition and how food is grown. In this lesson, your child learned about the different foods grown in countries around the world, including the United States, Australia, Chile, France, China, Kenya, Mexico, India, and Iraq. The class investigated things about different countries including climate, agriculture, foods, and cultural traditions and learned that some of the crops that come from different countries also grow in California. Your child also got a chance to select crops from each country to plant in the school garden. It will be fun to watch them grow!

School to home connection: Find a recipe from the country your child investigated and cook it together. This can be a fun activity for the whole family to share!

Family Activity

The object of this game is to figure out the names of these fruits and vegetables and which countries they are grown in. Draw a line from each food to its name and the country that grows it. (Some vegetables may match more than one country). Try letting your child find the answers first, then work together if they aren't sure.

Chayote Squash

Broccoli

Potato

Cabbage

Carrot

Strawberry

Radish



India

Kenya

USA

Mexico

Iraq

Australia

Chile

China

France



Decoding Your Child

Childhood is the time when habits are formed, good and bad. Children develop their attitudes and eating habits from the people around them - especially you!

When parents are warm and loving, children feel safe to explore the world.

Creating a loving environment is an important part of teaching children healthy eating habits. Believe it or not, when children grow up eating in these households, they have better diets.

Create a loving household by:



- ✓ Avoiding criticizing your child and others who your child cares about.
- ✓ Having reliable rules and consequences. Behaviors should be acceptable or off limits every time. This lets your child know you can be trusted.
- ✓ Setting a predictable schedule and following it every day. Wake-up, mealtimes, playtime, and bedtime should be about the same time each day. This way your child will know what to expect.
- ✓ Creating rules and schedules that are easy for your child to follow. They may need reminders so try posting them where your child can see them.

Choices: The solution to every problem

Children this age are starting to show more independence, in their eating and their behaviors. Sometimes their new sense of independence can lead to battles with you. This can make it hard for you to feel like you are still important to your child. But children only fully develop independence when you set up a supportive environment and give chances to make their own choices.



Set your child up for success by:

- ✓ Choosing appropriate restrictions on your child's behavior. For eating, choose what, when, and where they eat.
- ✓ Give them a limited amount (2 to 3) of options that you live with. Follow through. Don't negotiate on your choices.
- ✓ Respect their decision, even if it is to reject all your choices. This means they don't get anything, but that is their choice.
- ✓ Soon your child will learn how to make the right choices even when you aren't around.



Healthy Family Challenge:

When faced with a struggle with your child, give her 2 to 3 choices and respect her decision.

Check it out: Things to try this week

- ✓ Write down a family schedule and post it where everyone can see it.
- ✓ Include times for daily routine tasks such as wake-up, meals, bath time, and bed time.
- ✓ Make specific times and tasks for individuals based on their needs. If bed times are different for each child, note that on the schedule.
- ✓ Use the schedule to talk to your child about the plan for the day. "We can play some games after dinner and before bath time."
- ✓ Practice modeling a healthy behavior for your child. Try: drinking water or low-fat milk when you are in front of your child, snacking on a fruit or vegetable, or taking a walk.



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