Title: Feeding Kids Can Be Scary

Target Audience: Caregivers of young children over age 9 months

Objectives: The participant will:

1. Identify the division of feeding responsibilities between parents and children
2. Provide tips to encourage children to eat new and healthy foods

Teaching Materials Needed, Including Handouts:

1. Display board or area for set up of interactive display
2. Materials to set up the interactive display
3. Handouts for clients including materials from the WIC pamphlet library
4. Client feedback form
5. Materials for the interactive components chosen below.

Advance Preparation Needed:

1. Set up display area with materials for the interactive portion of the nutrition lesson—see sample template attached.
2. Copy all needed handouts for use with the lesson
3. Prepare the materials for the interactive activity chosen.

Class Outline and Methods:

1. The interactive display and handouts will be available during clinic hours.
2. A knowledgeable staff member should be available for client questions regarding the interactive display. See background information on this topic below, under Concepts.
3. Offer the client handouts to reinforce the concepts on the display.
4. Once the client reads through the materials and completes the feedback form, the client should show the completed form to the delegated WIC staff person (e.g. clerk).
5. The delegated WIC staff person should ask the client if they have any questions. If yes, refer them to the staff person that can answer their questions.
6. The delegated WIC staff person should ask the client, “What is one thing you will try to do, based upon what you learned today?” For example, “What is one strategy you will try in the next month to help your child try a new food?”
7. Upon completion of the lesson, a designated WIC staff person should record completion in the client’s KWIC record. If the LA chooses, the client’s goal can also be entered into KWIC.

Conceiveds and Key Points:

1. Working with children who appear to be picky eaters can be scary for new parents. This lesson focuses upon helping parent understand the division of feeding responsibilities and provide suggestions for introducing new foods and encourage healthy snacking.
2. Parents are responsible for offering healthy meals and snacks at the appropriate times during the day. Children are responsible for determining how much of these foods they will eat at a given time.
3. Children will learn to self-regulate and choose healthy items from those offered as they grow and mature.

**Interactive Component:** Choose one or more of the following to incorporate with the display:

1. Have clients pick a scenario from the ones provided and offer ideas on how to handle the particular situation.
2. Set up a blank paper near the display with a marker. Encourage parents to write their ideas on handling children who are picky eaters.
3. Offer samples of healthy snacks and include recipes for the items provided. Discuss with the client when snacks are appropriate and what the parent’s responsibilities are in the feeding relationship.
4. If the display is used near Halloween, provide suggestions for healthy alternatives for Halloween or special holiday treats.
5. Provide information on healthy eating habits for children and offer coloring pages for young children which encourage eating a variety of foods.
6. Add a display of reading books for children that parents may wish to check out from the local library that encourage eating and trying new foods. Suggestions include: *I like a snack on an iceberg* by Iris Hiskey, *More Cheese, Please!* by Sue Kueffner, or *Kipper’s Snacktime* by Mick Inkpen.

**Behavior Change Goal:**

The designated staff person will assist the client/caregiver to set a goal based upon the interactive display as outlined in the methods section above.

**Procedure for Clients to Ask Questions of Trained WIC Staff:**

The designated WIC staff person will either answer the questions or guide the client to the staff person qualified to answer a question posed by the client/caregiver.

**Evaluation:**

The evaluation will consist of completing the feedback attached and interacting with WIC staff as outlined in the Class Outline and Methods section above.

**Comments/Other:**

**Lesson Plan Written By:** Pat Dunavan, MS, RD, LD, 2002

**Lesson Plan Revised By:** Pat Dunavan, MS, RD, LD, 2013

**Lesson Plan Approved By:**

**Date:**
Client Feedback Form

While looking at the display, circle the best answer for the following statements:

1. Who is responsible for deciding….. Mark P for Parent or C for Child
   _____What healthy food to offer
   _____How much food to eat
   _____When to eat
   _____Where to eat
   _____Whether or not to eat

2. Most children need to try new foods only once or twice before they decide if they like it.
   True or False

3. One way I can help my child eat better
   is:______________________________________________________________.

4. After visiting this display, would you make any changes in feeding your child?
   YES (please give examples)_________________________________________
   NO (why not?) _________________________________________________
Scenarios

1. Your three year old never seems to want to eat at mealtime. But in between meals he is always grabbing something to snack on. What should you do?

2. Your two year old only wants to eat peanut butter for every meal and snack. She is not interested in eating any other foods. What is your response?

3. Your first child ate everything, but your second child, a preschooler, seems to never like any new food. What can you do to help introduce new foods to this child?

4. You want to keep your four year old daughter healthy so you encourage her to take seconds at meals and eat high fat foods between meals. Your daughter refuses to eat seconds and never wants to clean her plate. This causes arguments. What should you do?

5. Your preschooler used to eat a wide variety of foods before attending day care. Now he comes home and says that broccoli is “yucky” and refuses to eat it. What should you do?

6. Your child’s grandparents insist on feeding your child lots of candy for snacks when he is at their home. How can you handle this situation?
Feeding Kids Can Be Scary!

Don’t Get Spooked

Remember These Tips:

Parents Are Responsible For:

What will be served
When to serve it
Where to serve it

Set a good example. Eat a variety of foods.

Serve new foods at the start of a meal when they are most hungry
Use small portions to encourage children to eat new foods

Children Are Responsible For:

Deciding if they will eat
Deciding how much to eat

Try new foods more than once. It takes kids up to 7-10 times to eat new foods

Set regular times for meals and snacks
Keep quick-to-fix healthy foods on hand for snacks
Vegetables