

Mealtime Blues – CUT IT OUT! Allison Rees – lifseminars.com

Do you have battles with your children over how much they eat? Do you bribe them with dessert to have one more bite? Do you praise them for finishing their food? What? You do? Okay, you really need to CUT IT OUT! Plenty of research shows that when parents take control of how much food their kids eat, that many of those kids end up with weight issues. They lose their inner guidance! Countless adults are trying to learn to eat when they are hungry and stop eating when they are full. The unconscious stuffing of food into their bodies is the result of a disconnect that started in childhood.

Get creative with your approach and yes, with young children they will be picky eaters or have food fads, this passes. The point is, don't make it an issue or a power struggle, it is none of your business how much they eat. Your job is to provide healthy food and a pleasant atmosphere for your child to be relaxed enough to enjoy her food.



If you are stuck in a power struggle try this:

Let your child choose how much food he wants and if he is old enough, he can serve himself.

Do not praise your child for eating or criticize her for not eating, keep your eyes to yourself!

If you serve dessert make it a separate issue rather than being a reward for eating.

Make last call to the kitchen the beginning of the bedtime routine so that hunger can't be an excuse to get out of bed.

Make it easy for your child to help herself by having healthy food easily accessible.

Create a pleasant atmosphere by engaging children in discussions at the table.

Have an expectation that your child sit at the table for a reasonable time. Set a timer if it helps take you out of the nagging chair.