

Preston Ridge Pediatric Associates, P.C.

10 TIPS FOR GOOD EATING HABITS IN CHILDREN

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1. Prevent GRAZING all day long. 5 food encounters for 12 month olds, 4-5 for 2 year olds, 4 for 3 year olds. No bedtime snacks after 15-16 months of age.
2. Eliminate between meal JUICES and sports drinks. White grape juice and orange juice are best.
3. Set a good EXAMPLE as a family with proper eating habits.
4. Don't use food as a REWARD or a behavior modifier.
5. Target your child's HUNGRIEST times with exposure to the HEALTHIEST foods. (Cheese crackers and cheese slices are NOT yellow vegetables!)
6. Start most meals with an age appropriate container of MILK while the meal is being prepared.
7. 3 year olds are the PICKIEST and most manipulative eaters. Establish good habits long before the "bossy" person comes to live in your home.
8. Limit CHOICES. Don't ask your child when to start a meal, end a meal, or what they want to eat until they can read a menu.
9. Remember, children who are poor eaters love COOKIES and SNACKS.
10. Also remember that STARVATION is not an issue in your home. One missed meal will never do harm.