

The Picky Eater
Parent Education Meeting Notes
May 15, 2002

It's a power struggle

- Think about the infants first eating experiences
 - infant cries when hungry and gets feed
 - very comfortable and pleasant
 - chance to bond
- Think about the child eating experiences now
 - child eats when you say it's time
 - not as comfortable or pleasant
 - not really bonding
- When a child eats on a schedule the child loses the knowledge of when s/he is hungry
- As an infant the child has all the control on when s/he eats
- As a child the parent has all the control
- Give some of that control back to the child

Suggestions on giving some of the control back

- Have a snack tray or cabinet where the child can reach and get a snack whenever s/he wants.
- Let the child go food shopping with you and pick out some of the foods for their shelf.
- If child doesn't want to eat don't force him/her.

Don'ts

- Don't eat or drink something and tell the child they can't. Or hide it from the child.
- Don't let your child eat alone. Eat with them.
- Don't eat different foods from the child all the time.
- Don't make a separate meal for the picky child, then the rest of the family. Offer a meal and if the child doesn't eat it then that's okay.
 - A preschooler's stomach is the size of your fist.
 - Doesn't hold much in it.
 - There is a certain amount a child should consume weekly not daily.
 - If child doesn't eat much one day, but eats the next day it's okay.