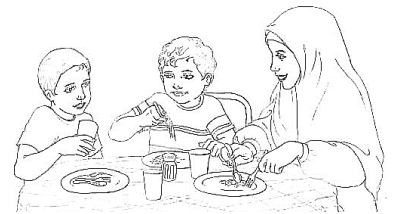


FEEDING GUIDELINES for Healthy Eating:



1. Regular MEAL SCHEDULE: 3 meals + 1 afternoon snack (3-4 hours apart), e.g. Breakfast: 8 am, Lunch: 12 o'clock, Snack: 3.30pm, Dinner: 6.30pm
2. Eat WITH your child, so he can see what and how you eat different foods
3. Have FAMILY MEALTIMES as often as possible, and at least once/day
4. NO snacking or drinking outside these set mealtimes, except water
5. Expect child to SIT DOWN for 10-15 minutes to have enough time to eat until full
6. Tell child to wait until mum's/dad's tummy is full and tell the child, when you are full
7. SERVE SMALL PORTIONS, that child can finish easily
8. Offer repeated small helpings once child has eaten what is on his plate
9. Don't offer more than 3-4 different foods at any one meal
10. Stay seated at the table with your child, - you are not his servant or a short-order cook
11. NO distractions: no TV, no books, no toys
12. Do NOT use food, especially sweet or salty snacks, as a reward
13. NEVER pressure or force a child to eat
14. PRAISE child for SELF-FEEDING SKILLS -You did this all by yourself!
15. Keep a NEUTRAL attitude about what and how much your child eats, i.e. -be boring
16. Remember: eating should not be a performance for the parents!
17. Discourage your child from just playing with the food, or talking too much instead of eating
18. Give only one WARNING, if child does not want to sit, throws food or misbehaves
19. Use TIME-OUT procedure, when necessary, to help child to learn to regulate himself



If you want your child to develop healthily, then ...

1. Do NOT ... coax, threaten or force the child to eat more/less
2. Do NOT ... praise or criticise the child for how much/little they eat
3. Do NOT ... use food as a reward or as an expression of your love
4. Do NOT ... allow any distractions during mealtimes: no TV, no toys, no books, ...

