



Top Ten Nutrition Communication Tips for Parents

- 1) Modeling is key ... eat with them at breakfast and snack too!**
- 2) Help your kids choose foods based on hunger and cravings, ask them what they are hungry for or what taste they would like?**
- 3) Model healthy eating containment by sitting down with your child and trying to eat slowly and be expressive with your enjoyment of your foods.**
- 4) Utilize a lot of color in the foods within the choices of both snacks and meals.**
- 5) It is OK to gently nudge your child with little reminders but try not to have the whole meal focused on food choices and amounts ... avoid verbal power struggles over food. This only increases your child's hunger.**
- 6) Be prepared to talk about other non food/body weight issues.**
- 7) Consider family meetings to discuss the week's menu and let each child contribute a menu idea and help with parts of the meals they select.**
- 8) Don't preach the "there are starving children in India" story, the clean plate mentality is what has gotten Americans in trouble!**
- 9) Don't weigh your child unless directed to do so by an MD, therapist or dietitian. Consider moving your scale.**
- 10) Don't hold back on complimenting your child's accomplishments even at the dinner table ... make meal time a pleasant time ... not a time to talk about difficult family issues or criticize your child.**

