



A NEWSLETTER FOR PROFESSIONALS

Nutrition Update Newsletter

July 2019

Patience and Trust in Feeding

“Just take one bite” and “If you eat your peas, you can have dessert” are techniques that caregivers may use to encourage children to eat. Whether a child is praised to be a neat and tidy eater or eat more or less of a certain food, pressure will frequently backfire. Kids often respond to unwanted pressure by acting out. Adults may respond by ignoring the negative behavior in hopes the child will eat. In the end, the child refuses to eat and gets away with bad behavior which makes meal times unpleasant for everyone. Feeding is part of parenting. Parents who understand their child’s developmental milestones, attitude and temperament will have more success creating a positive feeding relationship.

Ellyn Satter’s Division of Responsibility in Feeding (sDOR) is a practical way to develop a positive responsive feeding relationship. Adults choose what foods to offer, when to offer them and where they will be eaten. Youngsters choose how much food they will eat, if any. Feeding goes much better when parents trust children do their jobs.

Infants move through normal physical and social milestones as they grow and develop. Their appetites may increase during growth spurts and with increased physical activity. As well when the rate of growth slows down after a year, appetite slows too. Youngsters often eat less between growth spurts.

Grown-ups need to take the pressure off kids to eat or not eat. Kids eat better when they are given the opportunity to choose how much to eat, if any, from the offered family foods. The division of responsibility and a positive mealtime environment is all the encouragement they need from care providers.

Pressure tactics that grown-ups use can appear positive, negative or seem like good parenting yet all can lead to children feeling pressure. Depending upon the child, unwanted pressure can lead to eating to please adults or being defiant refusing to eat. According to Ellyn Satter, pressure can be any of the following:

- Praising, reminding, bribing, rewarding, applauding, playing games, talking about nutrition, giving stickers, going on about how great the food is, making special food, serving vegetables first, making food fun (to get the child to eat, not just to have fun). These are examples of pressure that appear positive.
- Restricting amounts or types of food, coaxing, punishing, shaming, criticizing, begging, depriving dessert, treats, fun activities or physically forcing, and threatening are examples of negative tactics.

- Pressure that seems like good parenting: insisting on a one bite rule, encouraging or reminding the child to do any of the following eat, taste, smell or lick certain foods, making her eat vegetables, warning her that she will be hungry, making special food, nagging her to use her silverware or napkin, hiding vegetables in other foods, letting her eat whenever she wants to between meals.

Pressure can be hard to detect so adults need to be aware of what they are doing and why. If adult actions are to get a child to eat more, less or different food than he does on his own; it is a pressure tactic. Patience and trust, not pressure, work best in creating pleasant mealtimes.

For more information: videos, books and resources visit Ellyn Satter’s website at <https://www.ellynsatterinstitute.org/>

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Ask A

NUTRITION

Expert



How do the healthy eating recommendations in the new Food Guide support the feeding relationship?

The new food guide acknowledges that healthy eating is more than the food Canadians eat. Along with recommendations for a variety of healthy foods the guide emphasizes being mindful of eating habits, cooking more often, enjoying food and eating meals with others. These are consistent with messages about positive feeding relationships, the division of responsibility when feeding and the importance of family meals.

Family meals provide the opportunity for children to learn to enjoy a variety of foods in a positive way. Putting away distractions such as toys and screens allows enjoyment of eating and spending valuable time

together. Taking the focus off the actual food and enjoying mealtime conversation allows everyone to relax, eating amounts that are right for them and choosing foods without pressure.

As families aim to increase the variety of foods their children eat, it is helpful to offer new or previously refused foods with food you know they will eat. This encourages children to try foods without pressure. Cooking at home with children can provide opportunity to become familiar with new foods. Young children can tear lettuce and shake a salad dressing. Involving children in meal preparation is valuable time spent together teaching valuable life skills. By cooking at home, families are also more likely to eat healthier.

The new guide is an online tool with recipes, videos and other practical advice. Specific information for families is at: <https://food-guide.canada.ca/en/tips-for-health-eating/parents-and-children/>

For young children where does milk fit in the new Food Guide?

The new 2019 Canada's Food Guide recommends Canadians consume a variety of healthy foods and beverages including milk. The snapshot shows a plate of foods that represent healthy eating. The food guide provides

guidance for children **over the age of 2 years**.

Fluid milk along with fortified soy beverages are listed as protein foods that also provide other important nutrients, including vitamin D and calcium.

Fortified plant-based beverages such as almond, coconut, oat and rice are not nutritionally equivalent to milk. Although these milk substitutes may be fortified with vitamin D and calcium they do not provide complete protein, contain less or inadequate quality fat and can be missing other nutrients growing young children need. Current general guidance for families on milk and other beverages still applies and can be found in Nutrition and Growth Assessment for Infants and Children, 2014: Assessment for Children aged 2-5 years (3). Health Canada's Nutrition for Healthy Term Infants (4) remains as the guidance resource for children 0-2 years of age.

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Canada's Food Guide

- Now available in 28 languages. <https://food-guide.canada.ca/en/>
- Electronic Newsletter - subscribe to updates through this link: www.canada.ca/en/health-canada/services/canada-food-guide/subscribe.html

Family Meals and Literacy go hand in hand!

www.rqhealth.ca/service-lines/master/files/g2o8o84_8_Family%20Dinner%20for%20literacy%20May%202018.pdf

References:

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2. Health Canada (CFG) <https://food-guide.canada.ca/en/guidelines/section-1-foundation-for-healthy-eating/>
<https://food-guide.canada.ca/en/guidelines/section-2-foods-and-beverages-that-undermine-healthy-eating/>
3. eHealth Saskatchewan: manuals and guides. www.ehealthsask.ca/services/Manuals/Pages/NAMIC.aspx
4. Health Canada: Nutrition for Healthy Term Infants www.canada.ca/en/health-canada/services/canada-food-guide/resources/infant-feeding.html
5. Annenberg Center for Health Sciences "Clinical Recommendations for Reducing and Preventing Food Allergy" slide #15 Webinar Aug 2019 https://pnce.org/documents/57582-304_Slides.pdf