



## *Nutrition*

As a provider you play a big part in forming children's eating habits. It is very important that you model positive eating behaviors for these children. The initial interview is a good time to discuss child nutrition. This will enable you to inform parents how children will be fed while in your care as well as let you gauge the parent's attitude toward proper nutrition.

### **How is your feeding IQ?**

Think about how you feed the children in your care. Give yourself a check in each box that describes your feeding behavior. Give a copy to parents and have them complete this checklist on their own. It is a great discussion starter between provider and parent.

- GIVE CHILDREN TIME TO SETTLE DOWN BEFORE THEY START TO EAT
- SIT WITH CHILDREN DURING MEALS OR SNACKS
- EAT THE SAME FOOD AS THE CHILDREN
- ALLOW THE CHILDREN TO SERVE THEMSELVES
- GIVE CHILDREN PLENTY OF TIME TO EAT
- OFFER CHILDREN EACH OF THE FOODS THAT ARE SERVED
- AVOID INSISTING THAT CHILDREN TASTE OR EAT ANY FOOD
- LET CHILDREN HAVE SECONDS WHEN THEY ASK FOR THEM
- LET CHILDREN EAT AS MUCH AS THEY WANT
- AVOID SETTING UP HURDLES WITH EATING (EX. DON'T SAY, "YOU MAY HAVE MORE BREAD WHEN YOU FINISH YOUR VEGETABLES.")
- AVOID FORCING CHILDREN TO EAT ALL THE FOOD OFFERED
- AVOIDING USING FOOD AS A REWARD, PUNISHMENT, OR PACIFIER
- TALK PLEASANTLY WITH THE CHILDREN DURING THE MEAL
- TAKE AN INTEREST IN FOODS AND SHARE YOUR INTEREST WITH THE CHILDREN