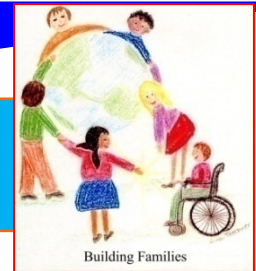


Building Families Empowerment

Every child, beginning at birth, will be healthy and successful.



Parenting Pal- June

Parenting Tip

Parents, having trouble getting your children to eat their meals? Here are some tips to get your children back to the table.

Snacks

- Have a snack drawer/ shelf in the refrigerator or the cupboard. Provide snacks that are low calorie and individually sized, this way your child gets a choice. Some good ideas are yogurt, string cheese, carrots, fruits, and other vegetables. For the cupboard have cookies, crackers, or your favorite chips, but notice the serving sizes and give only one serving at a time for a snack. You can get snack sized Ziploc bags and put one serving of the snack in them and then you can grab and go! Snacks are not meant to get your children full, they are simply used to curb your child's appetite and give them energy for a couple of hours until meal time. Two snacks a day, one serving of one of the options and something to drink is suggested. Special snacks are encouraged, but not as an everyday occurrence. Each of your child's snack times should be between 100-200 calories.

Juice

- Juice is wonderful for children. It gives them nutrients from fruits and kids love it! BUT some juices can often do more damage than good. Many juices have more sugar than juice. Try to buy 100% Juice and take a look at the serving size. Kids really shouldn't have more than 8 oz of juice a day. Too much juice, even 100% juice, has sugar that will fill your child up so they won't be hungry for their regular meals. You want to have a balance of juice, milk (2 cups a day for children 2-6 years of age), and water.

Regular Meal times

- It is important to have a regular meal time for children. Children need food for energy about every two hours or so (younger especially, smaller tummies= smaller portions at a time so less time before getting hungry again). When children know a meal time is coming soon, they will know they will have to wait.
- Children only need about 1,000 to 2,000 calories a day. (Younger children need less calories where as older children need more calories) That doesn't seem like a lot so it is important for your child not to fill up on "empty calories" like some juices and sodas (these have a lot of calories and not a lot of nutritional value)
- Try to eliminate too many distractions during meals times. This helps the child focus on what they are eating.
- Eliminate the "Clean your plate" rule. Children need to learn to recognize their internal cues for when they are full or hungry.
- It is important for your child to try new foods, but just remember if they say they don't like it that is ok. Parents have foods they don't like either.



Look and listen for parent tips and messages in your local newspaper and radio station!



Go to these websites to find out the nutritional needs for the age of your child.

<http://www.extension.iastate.edu/healthnutrition/> and MyPyramid.gov

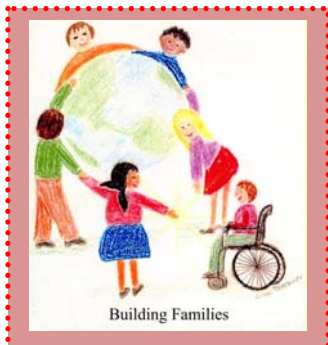


You & Me Parent Education Gatherings



Helping You and Your Child
Grow as a Family!

"You & Me!" is a monthly gathering in Hamilton, Humboldt, and Wright counties for parents and their children. These gatherings are FREE and will include activities for parents and children, snacks, prizes, and transportation assistance if needed. "You & Me!" gatherings are designed for parents with children ages 0-5.



Questions or Comments? Contact Amy Muller at amuller@hamiltoncountymhsb.org or call

"You & Me"

"You and Me" Parent Education groups were pretty successful this year. (Hamilton County: 16 Parents Attended; Humboldt County: 15 Parents Attended; Wright County: 24 Parents Attended)

Other parent education groups will be starting later this summer/fall and they will be a little different. We will be using "Positive Solutions for Families" in Humboldt and Hamilton County. "Positive Solutions for Families" is a six week series from *Positive Behavior Supports* which is being used in many of the schools in the three counties. In Wright County we have applied for a grant to start a young parent's support group. We will be using a variety of curriculum for that including "Positive Solutions for Families", "Great Beginnings for Families" and many materials from ISU Extension. We will know if we receive the grant later in June.

Thank you to parents who attended the groups and for supporting of parent education in their communities! I would also like to thank the facilities that helped us hold the groups; Fuller Hall in Webster City, Kendall Young Library in Webster City, United Methodist Church in Eagle Grove, Wright County Public Health, and Humboldt Public Library.

C.A.R.E.S.

Become involved in a program that helps you develop a community support network, develop effective parenting skills, and help you meet personal goals.

Anyone in the community can be involved. Keeping children safe is everyone's business and community members are also welcomed to support families in their community.

If you have any questions call Kim Mohr at 515-890-1128.

Humboldt

June 9th and 23rd at United Methodist Church from 5:00-7:30 Meal included. Free Child Care.

Webster City

June 12th and 26th at Asbury United Methodist Church from 5:30-7:00pm. Meal included. Free Child Care.

Feel free to forward this e-mail to others whom you think might enjoy it. If you would like to be added to the parent e-mail list, email Amy Muller at amuller@hamiltoncountymhsb.org

The Division of Responsibility: What parents and children are responsible for when it comes to eating.

Parents provide *structure, support* and *opportunities*. Children choose *how much* and *whether* to eat from what the parents provide.

The Division of Responsibility for Infants:

- The **parent** is responsible for *what*
- The **child** is responsible for *how much* (and everything else)

The **parent** helps the infant to be calm and organized and feeds smoothly, paying attention to information coming from the baby about timing, tempo, frequency and amounts.

The Division of Responsibility for Toddlers through Adolescents

- The **parent** is responsible for *what, when, where*
- The **child** is responsible for *how much* and *whether* to eat from what the parents provide.

Parents' Feeding Jobs:

- Choose and prepare the food
- Provide regular meals and snacks
 - Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
 - Let children grow up to get bodies that are right for them

Fundamental to parents' jobs is trusting children to decide *how much* and *whether* to eat. If parents do their jobs with *feeding*, children will do their jobs with *eating*:

Children's Eating Jobs:

- Children will eat
 - They will eat the amount they **need**
- They will learn to eat the food their parents eat
 - They will grow predictably
- They will learn to behave well at the table

© 2007 Ellyn Satter. For a further explanation of the division of responsibility, see any of Ellyn Satter's four books; *Your Child's Weight: Helping Without Harming*, *Child of Mine: Feeding With Love and Good Sense*, *Secrets of Feeding a Healthy Family*, or *How To Get Your Kid To Eat... But Not Too Much*. May be reproduced for free distribution only. May not be modified in any way. Credit and further information lines must appear on each copy. For information on Ellyn Satter's materials

- and programs, see www.EllynSatter.com or call 800-808-7976.

