



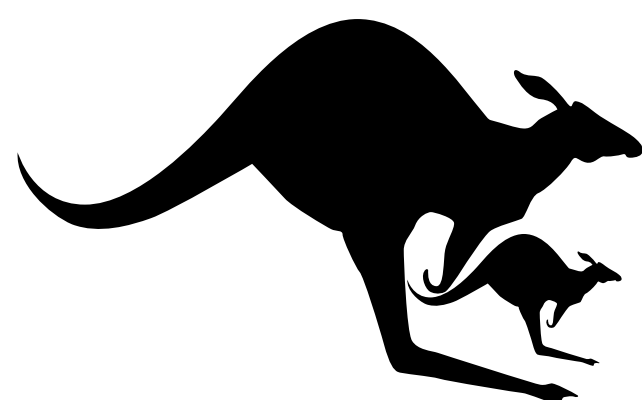
Tools to encourage children to eat well

There are four types of parent feeding styles. These can be explained based on how demanding (control/supervision) parents are and how responsive (warmth/acceptance/involvement) they are when it comes to feeding their child. **We can all switch from one to the other depending on the situation.**

Indulgent - high responsiveness; low demandingness (Kangaroo)

“You don’t want my supper? What do you want instead? I’ll cook it for you right away.”

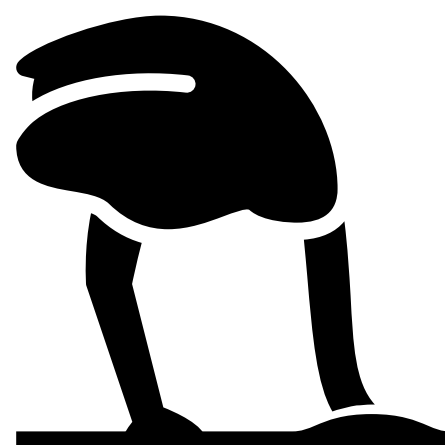
In terms of feeding, parents often show lower responsibility for feeding and don’t monitor intake; they don’t pressure kids to eat, nor do they restrict or control foods being eaten.



Uninvolved - low responsiveness; low demandingness (Ostrich)

· “I have no idea what’s here to eat. Find your own food.”

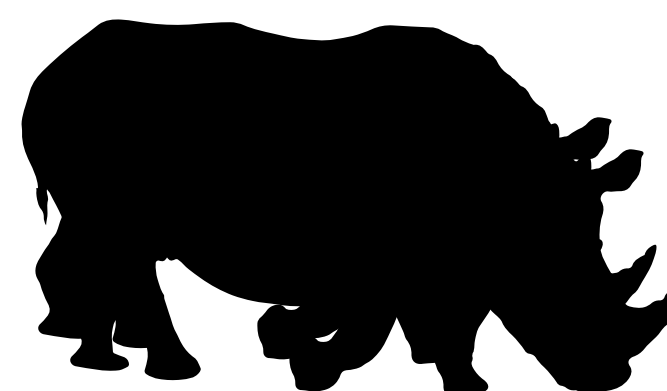
With respect to feeding, parents show no responsibility for feeding. Meals are often forgotten.



Authoritarian– low responsiveness and high demandingness (Rhino)

“Dinner is on the table. You WILL eat all of it before you can leave.”

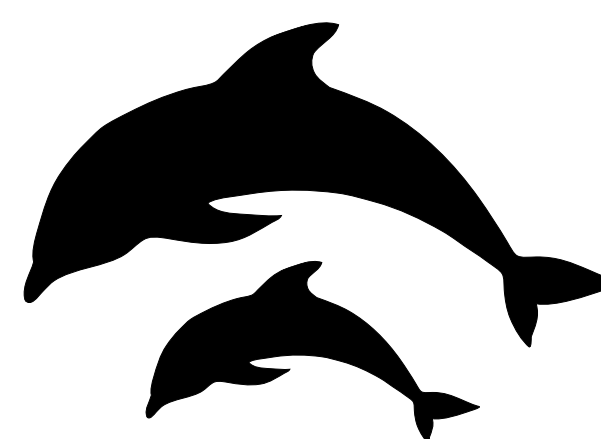
Around food, parents with this style will show a high responsibility for monitoring food intake and feeding their child combined with excessive pressure to eat and may highly restrict foods that they believe are less healthy.



Authoritative – high responsiveness and high demandingness (Dolphin)

“It’s time for lunch. You can choose what you want (and how much) from what’s on offer on the table.”

In the kitchen, these parents show a high degree of responsibility for feeding and monitoring food intake but do not pressure to eat or restrict food intake.



Children whose parents use an authoritative approach in feeding demonstrate , high intake of fruits and vegetables, improved nutritional outcomes and healthier weights.





Using food to control or change behaviour

"If you eat all of your peas, then you can have your pudding"

"If you are good while we are at the shops, daddy will buy you a lollipop"

"Oh, that was a nasty bump. Come on, let's have a biscuit to make it all better"

Using food as a reward can lead to :

- Decreased liking of non-reward foods
- Development of an emotional crutch
- Increased liking on reward food
- Increased contribution of less nutritious foods to the diet



Instead try non-food rewards e.g. stickers, a trips to the park, a comic etc. Treats can be as simple as a hug or a compliment.

Kisses not cookies!

