

Session Six - Patience Works Better Than Pressure

Core Message

Patience works better than pressure. Offer your children new foods. Let them choose how much to eat. Kids enjoy a food more when eating it is their own choice.

Background Information

Parents should decide **what, when, and where** foods are offered and let their child decide **whether** and **how much** to eat.¹

Child feeding practices may influence the development of food preferences in children. Research suggests that the use of pressure or rewards may decrease children's preferences for foods.² Children may then eat less of these foods when the reward or pressure is no longer present. The number of times parents expose children to new foods also appears to influence food preferences.³ The more times a child tries a new food, the more likely she or he is to eat that food and eventually enjoy that food.

Sources for Additional Information*

1. Satter EM. The feeding relationship. *J Am Diet Assoc.* 1986;86:352-356.
2. Newman J, Taylor A. Effect of a means-end contingency on young children's food preferences. *J Exp Child Psychol.* 1992; 64: 200-216.
3. Birch LL. Development of food preferences, *Annu Rev Nutr.* 1999;19:41-62.

This information is adapted from the USDA website, <http://www.fns.usda.gov/fns/corenutritionmessages/default.html>

Session Overview

During this session, participants will explore the importance of being patient when introducing new foods to their children. They will also learn why using pressure or rewards are not the best strategies for encouraging young children to eat healthy foods.

Dialogue Learning Tips

- Use open questions.
- Time management is important in maintaining learner participation and energy. After asking an open question, let participants know that you will give them a few minutes for discussion. Let them know when the discussion time is almost up, and then end the discussion at the time you had planned.

***These are not to be distributed to participants.**

- After asking a question:
 - Wait five seconds before listening to responses. This will allow all participants time to gather their thoughts and respond.
 - Allow participants to volunteer answers. Do not call on participants.
 - Affirm participants' answers. Use their names, thank them for contributing, and tell them why you are thanking them. For example, "**Thank you for sharing Martha. I imagine most of us can relate to what you said.**"
 - Avoid praising participants' responses, (e.g., avoid saying "good" or "excellent").
- Ask follow-up questions to show you are listening to participants' responses.

Time Required: 45 minutes

PREPARATION

Bring with you:

- Name tags (one for each participant)
- Colorful markers or pens (to write on the name tags)
- The session poster
- Copies of the participant handout
- The educator handout
- Sign-in sheets
- A watch or clock so that you can effectively manage time

Before the participants arrive:

- Display the poster for this session in the room.
- Arrange the tables and chairs so that all participants will be able to see you and each other. Make sure there is nothing (such as a desk) between you and the participants. If there is a round table in the room that will fit everyone, plan to use that table.
- Put name tags, markers, and the sign-in sheets in the middle of the table or at the front of the room.
- Put one copy of the participant handout at each participant's seat.
- Make a name tag for yourself, and put it on your shirt where participants will be able to see it.

WELCOME and OVERVIEW (5 minutes)

Start by greeting participants as they walk in the door. Greet them with a smile and say hello; use their names if you remember them. Ask them to make a name tag and take a seat.

Once everyone has arrived, welcome them to the class.

Remind them that last time they talked about children's responses to new foods and how it may take some time for young children to be willing to try new foods and even more time before they enjoy eating them.

Tell them that today you are going to talk about how it is important to be patient when introducing new foods to children and to avoid offering children rewards for eating new foods. Point to the poster and read it aloud.

LESSON (35 minutes)

Anchor (5 minutes)

Have participants work with the person next to them to discuss the following questions:

- As a child, how did your parents encourage you to eat new foods?
- How did you react to these different methods?
- Are these things that you try to do with your children or things that you try to avoid?

Give participants three minutes to talk about their experiences.

Bring the group back together and listen to and affirm three or four participants' responses.

Add (10 minutes)

Review the information on the front of the session six handout with the participants.

Emphasize how to encourage children to eat new fruits and vegetables without using pressure or rewards.

Apply (10 minutes)

Ask participants to form groups of three people and discuss how they have been able to encourage their children to eat fruits and vegetables. Encourage them

to discuss strategies that do not involve pressure or rewards.

Give participants three minutes to discuss with one another.

Bring the group back together. Remind participants that patience works better than pressure when introducing new foods to their children and that using unhealthy foods as a reward for eating healthy foods is not the best way to encourage children to eat healthy foods.

Point out the information about eggplant and encourage participants to try the recipe for Galloping Good Eggplant with their children.

Away (10 minutes)

Tell participants that because this is the last session of the curriculum, they are going to reflect on what they have learned and changes they want to make in their families.

Ask participants to use the "Goal Setting" section on the back of the handout to write down two things that they learned during the FHE course and two changes that they would like to make or have made in how they feed their children.

Ask participants, "**Who would like to share what you learned and the changes that you have made or that you plan to make?**" Listen to and affirm three to four participants' responses.

CLOSER (5 minutes)

Thank the participants for coming and emphasize how much you enjoyed working with them. Remind them that:

- **They have an important role to play in encouraging their children to eat healthy foods.**
- **The information shared during this course can help them teach their children to eat healthy foods.**
- **It is important for them to introduce their children to healthy foods when their children are young.**

Encourage participants to follow through on the goals they have set for themselves.

Ask if anyone has any additional questions before you end the course. As participants leave, say goodbye to them by name. Wait to leave until all of the participants have left.

FOLLOW-UP (after the session)

Text or Email Messages

Text or email messages can be sent to your participants to reinforce the main points of this session and remind them about the next session. The table below outlines approximately when your participants will receive the messages based on the frequency of your classes.

If you have this much time between sessions	Reinforcement message 1 will be sent:	Reinforcement message 2 will be sent:	Reinforcement message 3 will be sent:	Reinforcement message 4 will be sent:	Reminder messages will be sent:
One Week	Two days after the session	N/A	N/A	N/A	Five days after the session (two days before the next session)
Two Weeks	Two days after the session	Nine days after the session	N/A	N/A	Twelve days after the session (two days before the next session)
Three Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	N/A	Nineteen days after the session (two days before the next session)
Four Weeks	Two days after the session	Nine days after the session	Seventeen days after the session	Twenty four days after the session	Twenty six days after the session (two days before the next session)

Sample Reinforcement Messages For Session Six

* Hi! Hearing "good job!" from you is all the reward your child needs for eating fruits & veggies! Feeding 4 Healthy Eating (Reply "STOP" to quit texts)

* Hi! Giving kids a new food? Be patient! Tell them how proud you are when they try a little. Feeding 4 Healthy Eating (Reply "STOP" to quit receiving texts)

* Hi! Has your family tried eggplant? Give your children a small taste at first & try again if they don't like it right away. Feeding 4 Healthy Eating

* Hi! Children may play with & spit out a new food at first. Don't be discouraged, in time they may happily eat the food. Feeding 4 Healthy Eating

* Hi [first name]! Teach your children to listen to their stomachs. If they tell you they are full, don't force them to eat more. Feeding 4 Healthy Eating

Final Message

* Hi! Thank you for participating in the Feeding 4 Healthy Eating program. This is the last message you will receive. Feeding 4 Healthy Eating

Session Six: Patience Works Better Than Pressure *Sign-In Sheet*

Date:

As part of the **Feeding for Healthy Eating** program you can receive messages about feeding your young child.

We will send you 1–2 messages a week. These messages will give you reminders about what we talked about in class and suggestions for how to do the things that we talked about in class. We will also remind you when the next class will be held.

You can sign up for text messages or email messages.

To sign up for the text messages, **write your cell phone number below**. Only sign up for the text messages if you have an unlimited text message plan. You will be charged your standard rate for these messages.

Name: _____

Cell phone number: _____

To sign up for the email messages, **write your email address below**.

Email address: _____

Session Six: Patience Works Better Than Pressure *Sign-In Sheet*

Date:

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Email address: _____



Patience Works Better Than Pressure

- Offer your children new foods. Let them choose how much to eat.
- Kids enjoy a food more when eating it is their own choice.

Rewarding children is not the best way to get them to eat healthy foods.

Sometimes parents say:

"If you eat your broccoli, you can have ice cream."

When parents reward children for eating healthy foods like broccoli by giving them unhealthy foods like ice cream, they may come to like the unhealthy foods more and dislike the healthy foods.

Instead try saying:

"This is broccoli! It is crunchy!"

Pointing out the different qualities of a food encourages your child to try the food.

Or say:

"We can try the broccoli another time. Next time, would you like it cooked instead of raw?"

Rewarding your child with attention and kind words and allowing them some control over how their food is prepared may encourage them to try the food.

Pushing children to eat healthy foods is also not the best way to get them to eat healthy foods.

Sometimes parents say:

"You have to finish what's on your plate before you can leave the table."

If parents push their children to eat fruits and vegetables, children may start to dislike these healthy foods. Children may also learn to eat when they are not hungry.

Instead try saying:

"Is your stomach telling you that it's full?"

Phrases like these help your child learn to listen to their bodies and stop eating when they are full. This can prevent overeating.

Or say:

"If your tummy is full, you can be done."

Good ways to help your children to eat healthy foods:

1. Don't give up if your child won't eat a healthy food the first time you give it to them. Keep trying with small portions.
2. Limit the unhealthy foods such as ice cream, cookies, soda, potato chips that you keep in your house.
3. Show your children that you like and eat healthy foods.
4. Take healthy snacks – such as carrot sticks, apples and grapes – with you when you go out so that you don't have to buy unhealthy snacks for your kids.
5. Make sure your meals are mostly made up of healthy foods. Try two vegetables and a lean protein.
6. Avoid unhealthy snacks right before meal time.

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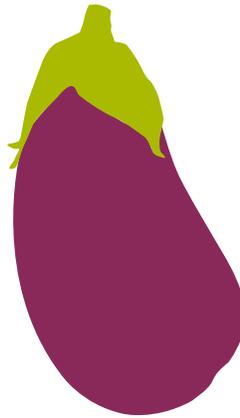
Try a New Food!

Eggplant

Eggplant can be found in the produce department of most grocery stores.

Selecting Eggplant: Look for an eggplant that is a deep purple color and has a firm, shiny skin.

Storing Eggplant: Store unwrapped in the vegetable compartment of your refrigerator. Use within one week of purchase.



Be Patient!

Children may play with, spit out, and taste a food several times before they eat it. If you continue to give your children fruits and vegetables and show them that you enjoy them, after a while they will start to eat them too.

Galloping Good Eggplant

Try this recipe with your child!

Ingredients

- 1/2 eggplant, diced
- 6 fresh mushrooms, diced
- 1 fresh tomato, chopped
- cooking oil spray
- 3/4 oz. fat-free mozzarella cheese (use a string cheese stick)

Directions

1. Spray skillet with cooking oil.
2. Sauté eggplant, mushrooms, and tomatoes in skillet until tender but cooked.
3. Drain off extra juice and top with shredded or 'peeled' cheese. Let it melt. Serves: 2

Serves: 2

Nutritional Information

per Serving:

Calories: 70

Total Fat: .5g

Saturated Fat: 0g

Goal Setting

What are two things that you learned during this course? What are two changes that you would like to make or have made in how you feed your children?



Patience Works Better Than Pressure

1 ANCHOR Activity:
How did your parents encourage you to eat new foods? How did you react to these different methods? Are these things that you try to do with your children or things that you try to avoid?

ADD Activity:
Read through the handout with the participants.

2 Discussion Questions: What are some ways to reward your children other than using food? (e.g. getting to do a favorite activity (especially something active), getting to spend more time with mom or dad) **?**

- **Patience works better than pressure.**
- **Offer your children new foods. Let them choose how much to eat.**
- **Kids enjoy a food more when eating it is their own choice.**

1 Rewarding children is not the best way to get them to eat healthy foods.

<p>Sometimes parents tell their children:</p> <p>"If you eat your broccoli, you can have ice cream."</p>	<p>Instead try saying:</p> <p>"This is broccoli! It is crunchy!"</p>	<p>Or say:</p> <p>"We can try the broccoli another time. Next time, would you like it cooked instead of raw?"</p>
<p>When parents reward children for eating healthy foods like broccoli by giving them unhealthy foods like ice cream, they may come to like the unhealthy foods more and dislike the healthy foods.</p>	<p>Pointing out the different qualities of a food encourages your child to try the food.</p>	<p>Rewarding your child with attention and kind words and allowing them some control over how their food is prepared may encourage them to try the food.</p>

2 Pushing children to eat healthy foods is also not the best way to get them to eat healthy foods.

<p>Sometimes parents tell their children:</p> <p>"You have to finish what's on your plate before you can leave the table."</p>	<p>Instead try saying:</p> <p>"Is your stomach telling you that it's full?"</p>	<p>Or say:</p> <p>"If your tummy is full, you can be done."</p>
<p>If parents push their children to eat fruits and vegetables, children may start to dislike these healthy foods. Children may also learn to eat when they are not hungry.</p>	<p>Phrases like these help your child learn to listen to their bodies and stop eating when they are full. This can prevent overeating.</p>	

- Good ways to help your children to eat healthy foods:**
1. Don't give up if your child won't eat a healthy food the first time you give it to them. Keep trying with small portions.
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3 APPLY Activity
Ask participants to form small groups and discuss how they have been able to encourage their children to eat fruits and vegetables. Encourage them to discuss strategies that do not involve pressure or rewards.

Point out the information about eggplant and encourage participants to try the recipe for Galloping Good Eggplant with their children.

AWAY Activity
Ask participants to use the "Goal Setting" section on the back of the handout to write down two things that they learned

during the FHE course and two changes that they would like to make or have made in how they feed their children.

Take Away Message: It is important to be patient when feeding your children and not pressure them to eat.

Talking Points
For Parents who say rewards are the only way to get their children to eat.

- If parents are insistent on rewarding their children for eating healthy foods, have them use non-food items as a reward such as extra play time or getting to read a book or play a game with their parent.

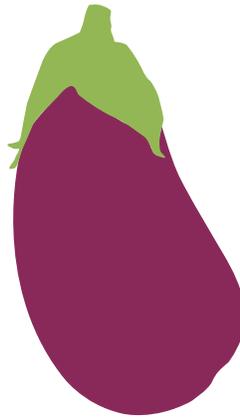
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