Positive Parenting Approaches for Picky Eaters
Presentation Guide

Time: 30 minute presentation

Step 1. Materials needed to teach the lesson:

- Computer & proxima (projector) to access and play the narrated Power Point presentation. You will also need speakers to play the sound.
- Or a copy of the presentation script designed for use without the Power Point.

Tips for a Healthy Lunchbox

Healthy Snacks for Home & School

- Paper and pen to write down notes and to take the evaluation.

Step 2. Play the narrated Power Point – 20 minutes long

Or facilitate the presentation with the script (no Power Point needed)

Objectives:

- We’ll talk about how to deal with the challenges that go along with having a picky eater;
- We’ll look at how we eat and serve food;
- We’ll talk about developing healthy eating habits;
- We’ll give you tips that you can use to get your picky eater to accept more foods.

Step 3. Review the following:

1. What does it mean to focus on HOW to feed instead of WHAT to feed? (Parents set meal and snack times. Children decide whether to eat and how much to eat.)

2. What is a trait of the permissive style of parenting? (Buying and serving ANY foods that their children want.)

3. What is a trait of the controller style of parenting? (Require their children clean their plate before dessert is served. Insist that they try all new foods.)
4. What is a trait of the **responsive** style of parenting?
(Provides a variety of foods at the table and includes foods that their child likes along with new foods. Trust their child to decide what to eat and how much to eat. Allow children to try foods without positive or negative input.)

5. What are some tips that you learned that will encourage your children to choose healthy foods and snacks?
(Set out a bowl of fruit or cut veggies. Place yogurt or string cheese at eye level in the refrigerator. Role model good behaviors by sitting down and eating the foods you serve your children.)

6. What are some tips for encouraging my picky eater to try new foods?
(Pair new foods with tried-and-true foods, add cheese, offer dressing as a dip, change up the preparation of a food - raw, boiled, grilled, stir fried, etc.)

**Step 4: Evaluation**

- Read out loud or print to collect individual feedback

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<thead>
<tr>
<th>After attending this class I feel confident to:</th>
<th>Strongly Agree</th>
<th>Agree</th>
<th>I Am Not Sure</th>
<th>Disagree</th>
<th>Strongly Disagree</th>
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</thead>
<tbody>
<tr>
<td>1. Allow my child to decide what foods and how much to eat.</td>
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<td>2. Become a more responsive parent.</td>
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<td>3. Apply one or more helpful tips for feeding my family in a positive and more supportive way.</td>
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<td>4. Introduce new foods to my picky eater.</td>
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**Extension Activities:**

a. Take a shopping trip with your picky eater and allow them to make some choices of what to prepare for a snack or meal.

b. Cook a recipe together (team effort) and your kids will learn how to cook and enjoy foods!

c. Taste new fruits or vegetables with food items that your family already enjoys.

Additional Resources at www.DairyCouncilofCA.org/Parent-Education/