

Feeding with Love and Guidance

The Secrets of Healthy Feeding for families



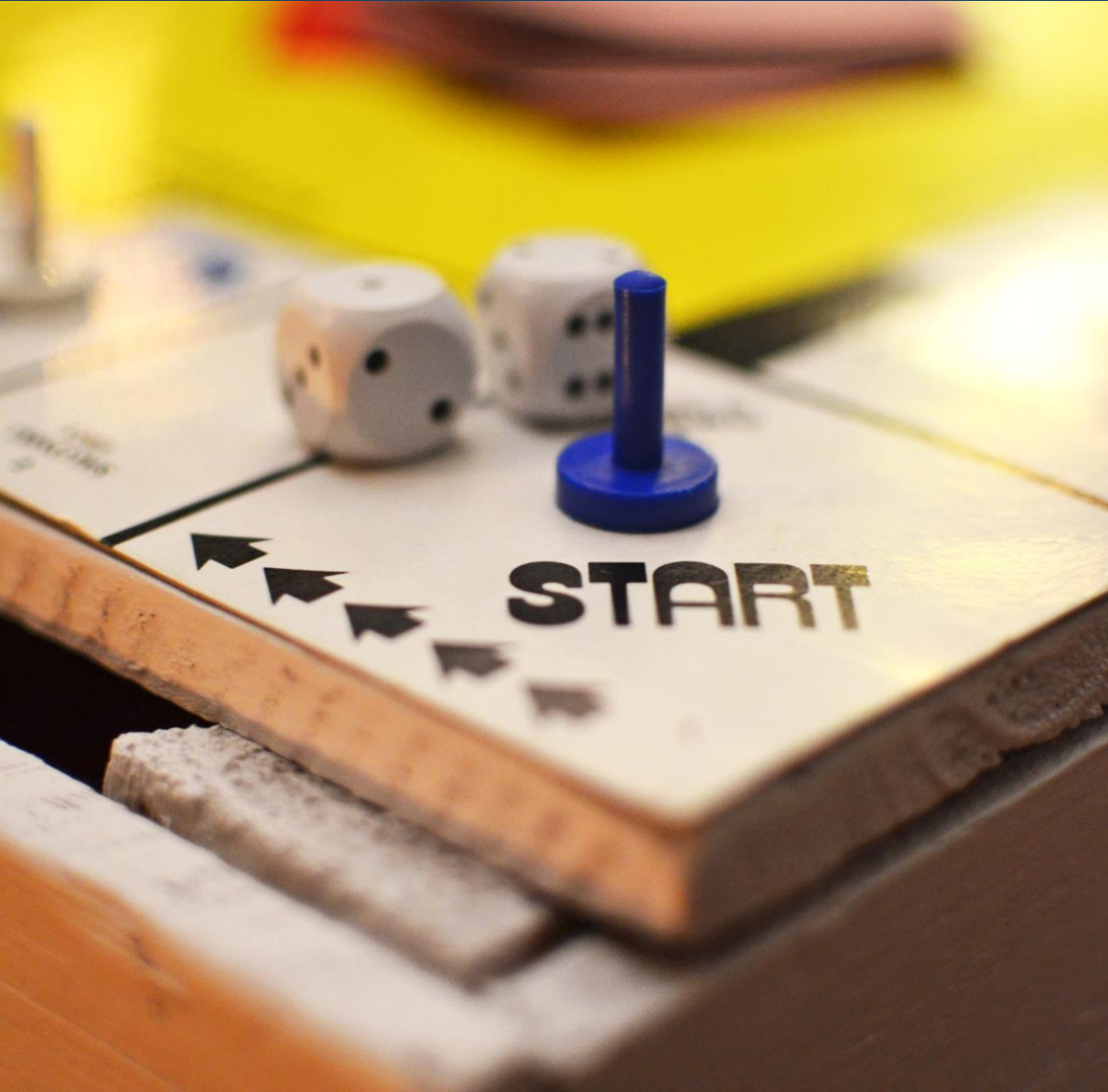


Goal for today:

- To share information in a relaxed conversation so that you feel confident in raising eaters
 - who are comfortable with food,
 - able to listen to their body's needs and
 - able to live a healthy life now, short term and long term

Before we start:

I have a few quick questions to ask



- What are the ages of the grandchildren each of you have in your homes?
- How many of you have raised them since birth?
- How many of you have recently begun to raise your grandchildren?
- Who would like to raise their grandchildren to NEVER know what it is like to diet or to lose weight or worry about what they are eating?

Has anyone ever heard of the Secrets of Feeding a Healthy Family by Ellyn Satter?

1983 is when her first book and research came out. She is a trusted family eating resource.

Her secrets are:

- Love good food,
- trust yourself and
- share that love and trust with the children you are raising.

<https://www.ellynsatterinstitute.org/>



Has anyone ever heard of the Secrets of Feeding a Healthy Family by Ellyn Satter?

OF FEEDING
A HEALTHY FAMILY
How To Eat, How To Raise Good Eaters, How To Cook



The keys to successful family eating are:

- Feeding yourself faithfully and being a good role model is the start.
- Make eating about enjoying the food
 - It doesn't have to be unhealthy or healthy
 - When you lose JOY then the nutrition will suffer
 - Picky becomes finicky

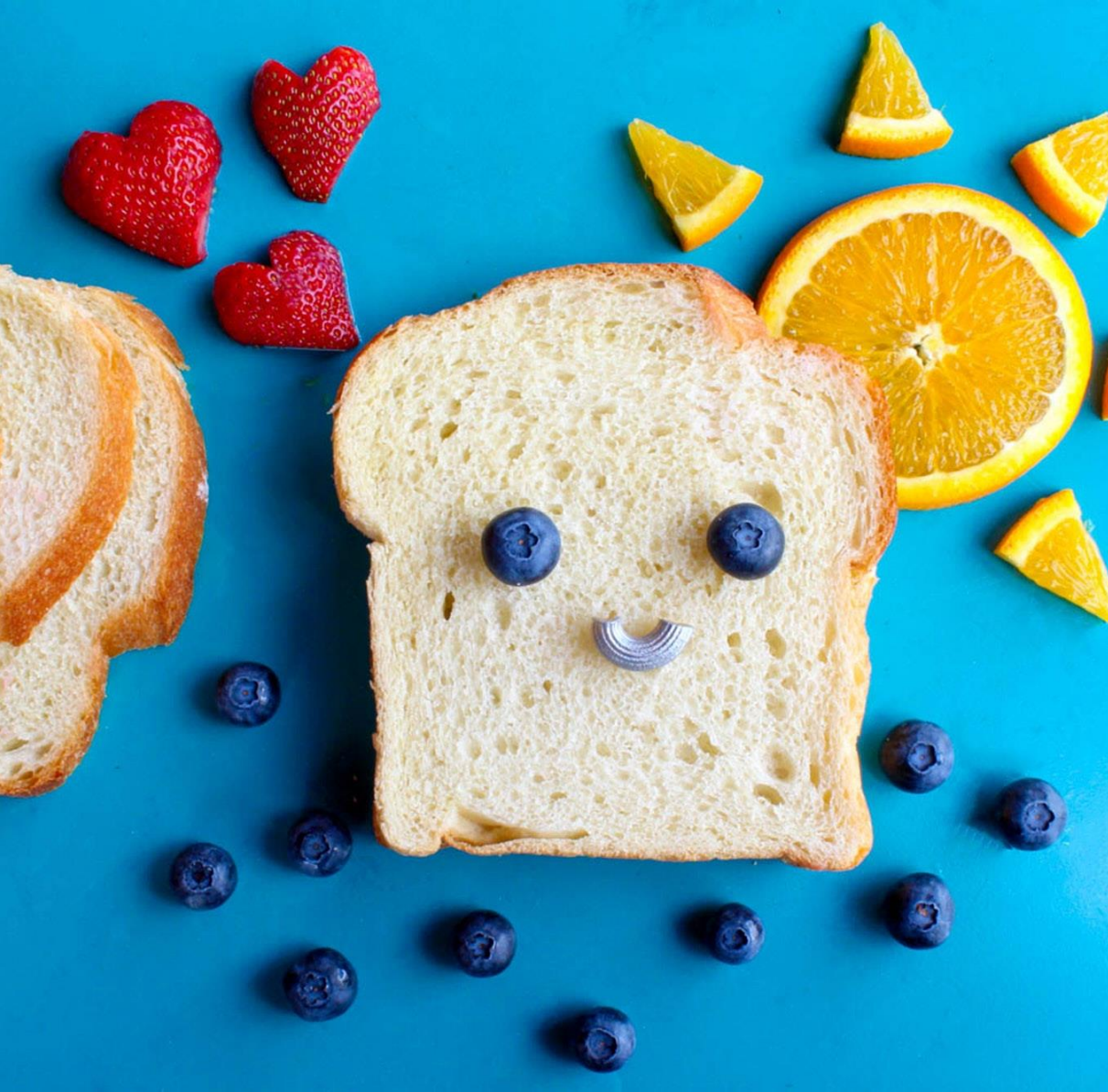
Basic Rules for family eating:

Division of Responsibility



- Caregivers
(Adults/Parents/Grandparents)
 - What is served to eat
 - Where it is served
 - When it is served
- Children
 - How much they eat of what is served
 - Whether they eat it or not
- Basically: Eating is made up of permission and discipline.
 - Caregivers – discipline
 - Children – get permission from caregivers to determine what to eat and how much

Why the Division of Responsibility?



- Caregivers are the leaders teaching the children by giving them the choice of how to listen to their own bodies. (ROLE MODELING)
- By having planned eating times for both meals and snacks.
 - Structure provides positive and nurtures children to know that they will be able to feed their body. It provides security.
 - They also learn to listen to their bodies when they are hungry...internal talking not listening to external talking like TV, loneliness, frustration, depression.

Healthy Snacks



1 Protein with a little fat



2 Fruit or Vegetable



3 Grain





Have kids help

Peel

Measure

Mix

Blend

Begin knife skills

Stove Top



Make dinner part of the conversation!

Question starter game with only open ended questions

No phones at table

Conversation about good things of the day



Offer foods in different formats!

- Roasted Vegetables
- Steamed Green Beans
- Raw Baby Carrots
- Butternut Squash Soup
- Cole Slaw
- Baked Beans

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Thank you for you time



Alicia Cost, MS RDN LDN

