

NOTES

Use this handout to take notes and jot down "a-ha moments" as you take this course. Each step contains summary information.



Step 2

Understanding picky eating and your role in the feeding process

IN THIS STEP WE COVER:

- Why you might be taking this course.
- What picky eating is.
- How your role in this process is extremely important.

MAIN TAKEAWAYS:

- Your child picks up on how you feel about food and mealtime.
- Addressing picky eating and raising a competent eater takes time.
- Picky eating is considered biologically normal in young children, and it's common for kids to go in and out of picky phases.
- How we respond to their behavior is what matters most.

Step 3

Family meal foundations

IN THIS STEP WE COVER:

- The Five Foundations of Mealtime.

MAIN TAKEAWAYS:

- Before trying anything else, work on these foundations:
 - Eat together as often as possible.
 - Minimize distractions at mealtime.
 - Model behaviors you want to see repeated.
 - Ensure proper positioning at the table.
 - Keep trying – it can take time for kids to eat new foods.

✓ Step 4

Messy eating and sensory development

IN THIS STEP WE COVER:

- The importance of messy eating.
- Making messy eating a little more doable.
- What about manners?

MAIN TAKEAWAYS:

- Messy eating is critical in learning how to eat, especially for toddlers. Even older kids need to be allowed to touch and explore food as they eat.
- Avoid wiping their face between bites or wiping their hands excessively as they eat.
- Make clean-up a positive experience – avoid the scrub!
- Manners come with time and exposure. Keep modeling what you want them to do!

✓ Step 5

You provide, your child decides

IN THIS STEP WE COVER:

- You provide, your child decides.
- How this model can be used in real-life scenarios.

MAIN TAKEAWAYS:

- Your job is to provide the food. Your child's job is to eat it – or not.
- Avoid force feeding, begging or bribing at meals. Laying off the pressure can have a huge impact!
- Short-order cooking can lead to more picky eating in the long run.

✓ Step 6

Mealtime structure

IN THIS STEP WE COVER:

- Flexible meal and snack routines.
- Starting the meal with success.
- What if my child doesn't want to sit for a meal?
- Ending the meal positively.
- Flexible routines vs. all-day grazing.

MAIN TAKEAWAYS:

- A flexible meal and snack routine can help kids know what to expect, while also allowing them to get enough food throughout the day.
- Before the meal, establish an easy routine for your family – wash hands, put away toys, put the dog in another room.
- Remember that most young kids can only sit for 5-10 minutes. Avoid putting them in their feeding chair until the meal is ready!

✓ Step 7

Mealtime traps

IN THIS STEP WE COVER:

- Common feeding traps many families fall into and *why* to avoid them.

MAIN TAKEAWAYS:

- We recommend avoiding the following:
 - Bribing.
 - Bedtime stalling.
 - Offering 'til it's gone.
 - Hiding veggies.
 - Spoon-feeding or hand-feeding kids to get them to eat.
 - Drive-by feeding.

✓ Step 8

“What do I do when...?”

IN THIS STEP WE COVER:

- Our most common questions from families.

MAIN TAKEAWAYS:

- This section is divided into individual buttons that each pose a different question. Use what’s helpful, leave the rest!

✓ Step 9

Language around mealtime, food and your child's body

IN THIS STEP WE COVER:

- The labels we put on food, kids and their bodies.
- How do we teach kids to eat “healthy” foods?

MAIN TAKEAWAYS:

- Our kids are listening to us, and they’re learning about food and their bodies by how we talk about them.
- When we criticize or compare bodies, we teach kids to look at bodies – including their own – through a critical lens.
- Try to keep language neutral about weight, body size, food and how people eat.

✓ Step 10

It takes a village

IN THIS STEP WE COVER:

- Who is your village?
- The Grandparent Effect.
- How can you get everyone on the same page?

MAIN TAKEAWAYS:

- You are not the only person who will feed your child. Family members, care providers, teachers, friends and mentors will all be part of the process. They all influence how your child eats.
- Grandparents have a special role in feeding kids. They might feel differently about it than you do.
- When talking to care providers and loved ones about food, nutrition and bodies, it helps to approach them from a place of collaboration and understanding.

✓ Step 11

What foods should I serve my child?

IN THIS STEP WE COVER:

- Vegetables and fruits.
- Proteins, carbohydrate foods, fat and high-calcium foods.
- Choking hazard foods.
- Hydration, sodium and supplements.
- Variety.
- How do I know if my child is eating enough?
- Calorie boosters, constipation strategies, milk and weaning from the bottle.

MAIN TAKEAWAYS:

- Kids can usually meet their nutritional needs even if they don't eat vegetables.
- Kid serving sizes – and protein needs – are much smaller than we expect.
- Growth, development, wound healing and a variety of factors help determine if our kids are getting enough nutrition.

✓ Step 12

Meal planning and restaurant dining

IN THIS STEP WE COVER:

- The basics of meal planning and plating.
- Kids and restaurant dining.

MAIN TAKEAWAYS:

- Variety doesn't have to be complicated.
- Serve meals family-style when possible.
- The best way for kids to learn how to behave at restaurants is to practice!

✓ Step 13

Involving your child in food, cooking and chores

IN THIS STEP WE COVER:

- Grocery shopping with your child.
- Meal prep and cooking with your child.
- How to keep your sanity when involving your child in meal prep.

MAIN TAKEAWAYS:

- It's great to involve kids in grocery shopping, meal planning and cooking, but they don't have to be involved in every single step.
- Choose a few activities for kids to participate in when you can.

✓ Step 14

Snacking and pouches

IN THIS STEP WE COVER:

- How to build a satisfying snack.
- Sample snack routines.
- Common snacking questions.

MAIN TAKEAWAYS:

- Snacks can be a great way to add nutrition to your child's day while ensuring they have enough energy for play, movement and learning.
- Adding some protein to a snack can make it more satisfying.
- Pouches can be convenient, but when overused they can be difficult to move away from.

✓ Step 15

Desserts and sugar

IN THIS STEP WE COVER:

- Sugar, candy and your child's diet.
- Sugar FAQs.

MAIN TAKEAWAYS:

- Sugar can be a part of your child's diet.
- The bigger deal we make about sugar, the more focused your child will be on it.
- Avoid using sugary foods as a reward or punishment, and choose when you're going to serve them.

✓ Step 16

Tips for feeding elementary-aged kids 6-10 years old

IN THIS STEP WE COVER:

- Promoting independence around food as your child gets older.
- How school can influence how and what your child eats.

MAIN TAKEAWAYS:

- As your child gets older, the concepts remain relatively the same:
 - You provide, your child decides.
 - Positive, regular mealtimes and snacks.
 - Have fun at mealtime – messy play will diminish but playfulness is still encouraged.
 - Avoid using food as a reward or punishment.
- Allow your child to be more independent with food as they get older – ordering food at restaurants, making their own snack, etc.
- School will influence how they eat, and we can't control every aspect of the school lunch environment. Communicate with your child and their school.

✓ Step 17

Feeding therapy strategies

IN THIS STEP WE COVER:

- Why is feeding not going well? How did we get here?
- Understanding the basics of feeding therapy.
- Twelve specific feeding therapy strategies.

MAIN TAKEAWAYS:

- Before trying any of these strategies, make sure you have established the Five Foundations of Mealtime in your home.
- Use these strategies when you can, but it doesn't have to be at every meal or every day – this is all optional, and your child will drive this process.

✓ Step 18

Sensory processing and oral-motor issues

IN THIS STEP WE COVER:

- Understanding the sensory system and potential signs of a problem.
- Supporting your child's sensory system.
- Understanding oral-motor and swallowing issues and potential signs of a problem.
- Supporting your child's oral-motor system.
- How do I know if my child needs an evaluation for sensory, oral-motor or swallowing issues?

MAIN TAKEAWAYS:

- If you suspect your child might have problems with sensory processing, oral-motor issues or swallowing, make sure to work with your provider and seek an evaluation by a trained therapist.

✓ Step 19

Bonus section: allergies and special diets

IN THIS STEP WE COVER:

- Basics of food allergies.
- Alternatives for common allergenic foods.
- Dairy-free and plant-based diet considerations.

MAIN TAKEAWAYS:

- If your child is allergic to any food, make sure you work with an allergist. A registered dietitian can help you with a tailored plan.
- If your child is eliminating food groups for allergies, religious beliefs or ethical issues, make sure to consider certain nutritional impacts.

✓ Step 20

How do I know if I need more help?

IN THIS STEP WE COVER:

- Major red flags that would signal the need for further evaluation.

✓ Wrap-up

Course wrap-up

IN THIS STEP WE COVER:

- Expectations and Wrap-up

COURSE RESOURCES:

- Audio version of entire course
- Print version of entire course (PDF)
- List of handouts
 - Note Taking
 - Weaning From the Screen
 - Manners
 - Sample Food Schedules
 - Getting Other Caregivers on the Same Page About Feeding
 - Letter to Providers About Weight Gain
 - Teaching Kids About “Healthy Eating”
 - Nutrition
 - Milk and Weaning eBook
 - Calorie Boosters
 - Constipation Strategies
 - Choking Hazards
 - Meal Ideas
 - Snack Ideas
 - Novelty and Food Play Ideas
 - Course Cheat Sheets
- Links to Feeding Littles posts, Amazon shop, bibliography, etc.
