

Phrases that Help and Hurt Healthy Eating Habits

As a parent, you play the biggest role in your child's eating behavior. What you say has a **big** impact on helping them build healthy eating habits. Bad phrases can easily be changed into good ones!

Instead of saying this...	Try saying this...
<ul style="list-style-type: none">• Eat that fruit for me.• If you do not take a bite of food, mommy will be so upset with you. <p>Phrases like these teach your child to eat for your approval and love.</p>	<ul style="list-style-type: none">• This is kiwi, and it's sweet like a strawberry! Want to try it with me?• These are green beans. They are crunchy like carrots. <p>Phrases like these focus on how a food looks, tastes, smells, and feels. These phrases teach your child new ways to tell you about what foods they like.</p>
<ul style="list-style-type: none">• You're such a good girl, you finished all your food.• You have to take one more bite before you can leave the table. <p>Phrases like these teach your child to ignore if they are full. It is better for kids to stop when full rather than when all food has been eaten.</p>	<ul style="list-style-type: none">• Is your stomach telling you that you're full?• Listen to your tummy. Is it making growling noises or is it quiet? <p>Phrases like these help your child see when he or she is full. This helps your child stop from overeating.</p>
<ul style="list-style-type: none">• See, that wasn't so bad, right? <p>Phrases like this teach your child that saying no to food is bad behavior.</p>	<ul style="list-style-type: none">• Do you like that?• Which one of these is your favorite? <p>Phrases like these let your child feel like he or she is making the choices. It also shifts the focus to taste rather than who is right.</p>
<ul style="list-style-type: none">• No dessert until you eat your veggies.• Stop crying and I will give you a cookie. <p>Phrases like these let your child see some foods as better than others. Also getting a food treat when upset teaches your child to eat to feel better.</p>	<ul style="list-style-type: none">• We can try veggies next time. What would you like to try next time?• I am sorry you are sad. Mommy loves you let me give you a big hug. <p>Phrases like these let your child see that they still get your attention and kind words despite trying a new food. Show them love does not rely on how much they eat.</p>

Talk to your CHN nutritionist if you have more questions!



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