

Parents TALK... about feeding KIDS

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It's tempting to let your kids watch TV during meals because it keeps them quiet and at the table. But they're so distracted they don't eat well and we lose some good family time. We made a rule - "no TV during meals" and we've really stuck with it. Now they don't even ask.

My daughter was always getting up from the table. When I asked her why she said, "I want to be like you, Mommy!" I realized that she was copying me because I'm the one constantly getting up to get things. Now I try to stay at the table during mealtime and she does too.

We realized that at our meals it was easy to slip into adult conversation and leave the kids out. Now we try to make our meals fun. The kids really want our attention after being gone all day and it's become an important family time for us.

Wow! It says here that when kids watch TV during meals they often don't eat enough and they miss an important chance to see their parents modeling good eating habits.

