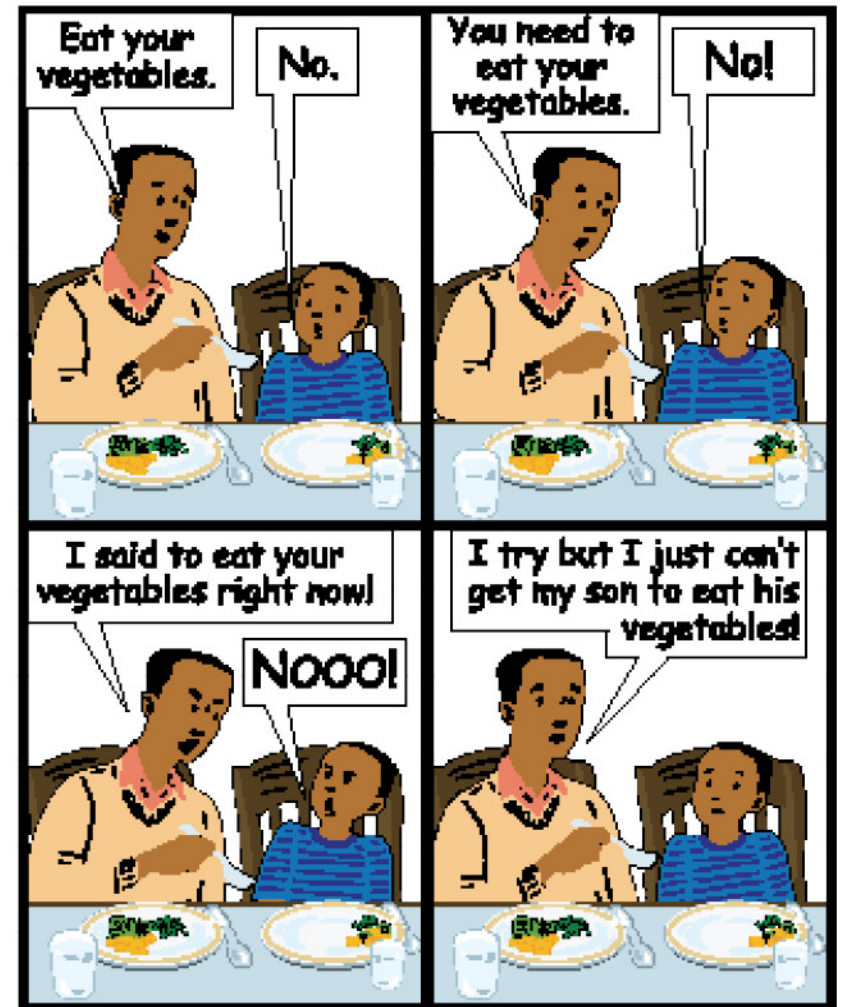


Parents TALK... about feeding KIDS

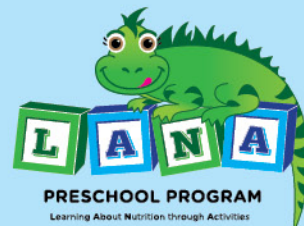
Parents TALK... about feeding KIDS



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I've done the same thing in the past, but then I stopped and listened to myself. I probably wouldn't want to eat the vegetables either if someone was forcing me! So now instead of insisting, I focus on how good the food tastes and how much he would like it. It doesn't always work, but mealtimes are a lot happier for all of us.

I was always nagging my kids about eating more at mealtime. I felt like I wasn't a good parent if I didn't get them to eat right. Pretty soon they didn't want to sit down for meals at all. Once I stopped nagging and became more encouraging, they seemed to enjoy meals again.

I used to tell my kids, "no dessert unless you eat your vegetables". I guess that's how I grew up. Then I realized that the message I was giving them was that vegetables must not be very good if I have to bribe my kids to eat them and dessert must be great because it's the reward!

Wow! It says here that a study showed that kids ate more vegetables when they were told "you can eat as much as you like" than when they were given a reward for eating the vegetable.

