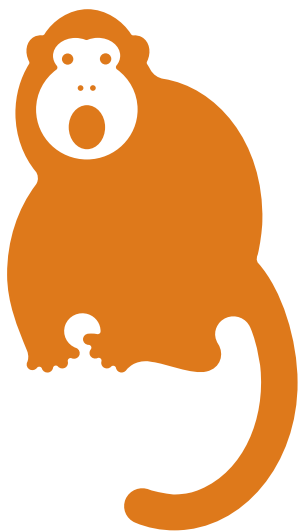


JULY

Children's Health Tips

brought to you by Sutter Roseville Medical Center

Sutter Roseville Medical Center provides women and children in Placer County advanced medical care in a family-centered environment. Sutter Roseville's renowned Family Birthing Center, which was recently updated and expanded, is the only one in the Sacramento region to receive a five-star rating from the national consumer group HealthGrades. In October 2008, it became the first hospital in Placer County to open a Neonatal Intensive Care Unit for preemies and other babies that need specialized care.



*Sutter Roseville
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Picky Eaters

We have all heard that word – YUCK! – followed by “I’m not going to eat that!”

Why is it that our children just can't sit down and have a healthy and peaceful meal?

As your child grows and becomes more mobile it is very common for them to use food as their first way of expressing their independence and to test their parent's reaction.

They may not be hungry. Toddlers don't grow as quickly as babies so they do not need as many calories. Your child's eating habits will fluctuate depending on their age and growth spurts.

Children learn by example. If you are not eating a healthy, well-balanced meal, chances are they will follow your lead.

How to get your children to eat a healthy meal

- Offer variety. Each meal should have a selection of healthy foods, including fruit, vegetables, protein and starches for your child.
- Limit high calorie drinks. Juice, milk and soda contain a lot of calories, and if your child is drinking too much they may not be hungry during meal time. Children should not drink soda since it does not offer any nutritional value.
- Introduce new foods often. Sometimes it takes up to 10-15 offerings before a child will try a new food, but it's important to keep trying.
- Set a good example by eating a wide variety of foods and trying new foods yourself. Children are more likely to eat new foods if someone else is eating them.
- Give your child a choice: Would you like to have carrots or broccoli with dinner tonight? By giving your child some control they may be more willing to cooperate.
- Let them help with meal preparation. Even toddlers can help put cut vegetable into a salad or help set the table.
- Be creative. Cut out sandwiches in fun cookie cutter shapes. No child can resist a PB&J that is in the shape of a dinosaur.
- Meal time should be pleasant. The dinner table is not a place to argue or watch television.
- Trust your child's appetite. Do not force your child to eat everything on their plate. This will lead to power struggles and create a habit of over eating, which could lead to a future obesity problem.

