



Being a parent of a toddler is a hard job.

TEAM

Being a child care provider of a toddler is a hard job.

Parents Are Important

- Parents are important role models
- Healthy behaviors at childcare reinforced at home
- Informed parents help support wellness goals
- Working together ensures success
- Parents do care about healthy habits



How Are You Connecting with Parents?

- Weekly Newsletter
- E-mail
- Daily Notes
- Bulletin Boards
- Surveys



Additional ideas shared by participants: daily communication notes, monthly newsletters, general clipboard “catch-up clipboard,” menus with nutrition info on the back, family engagement events, parent meetings with fun themes or wanted information (prom theme, CPR classes, etc., Facebook page, on-line communities.

Information to Share with Parents

- Low-fat milk information to children over the age of 2
- A list of new menu items offered and which ones are
- Share recipes of menu items
- Policies for mealtimes and rewards
- Suggestions of healthy foods or non-foods for center celebrations and birthdays
- The type of physical activity opportunities each day
- The importance of family meals



Information to Get from Parents

- The types of foods their child likes at
- Suggestions of items to incorporate
- Activities their child enjoys
- Parent has an interest in wellness
 - Help with wellness policies
 - Spread the word to parents
 - Presentations and connections



Messages for Mothers of Preschool Kids

- Developed by USDA and designed to provide mothers of 2-5 year old children with information to help foster healthy eating habits.
 - Milk, whole grains, child feeding, and fruits and vegetables
- Messages and photos were tested by consumers.
- Emotion based informative messages, and related tips and advice use motivators and reinforcements.
- <http://www.fns.usda.gov/core-nutrition/core-nutrition-messages>



- **Enjoy each other while enjoying family meals.**
Keep mealtime relaxed to nourish the body and help your family make stronger connections. Let your little ones select which foods to put on their plates and how much to eat from the healthy choices you provide.
- **Feed their independent spirit at meal times.**
Each meal with your preschooler is a chance to help them grow and learn to make some decisions on their own. Encourage them to make their own food choices from healthy foods you offer. Start early and you'll help them build healthy eating habits for life.
- **Let go a little to gain a lot.**
It's natural for moms to worry about their preschoolers' eating habits. Offer healthy foods and let your child choose from them. They'll be more likely to enjoy meal time and eat enough, so everyone is happier.

- **Think beyond a single meal. Keep in mind what your child eats over time.**

Meals and healthy snacks give children several chances every day to eat a variety of foods. If your child eats only a little or nothing at one meal, don't worry. He'll make up for it with other meals and snacks to get what he needs for good health over time.

- **Sometimes new food take time.**

Kids don't always take to new foods right away. Offer new fruits and vegetables many times, served a variety of ways. Give your kids just a taste at first and be patient with them.

- **Patience works better than pressure.**

Offer your children new foods. Then, let them choose how much to eat. Kids are more likely to enjoy new foods when eating them is their own choice. It also teaches them how to be independent.

- **Let them learn by serving themselves.**

Let your kids serve themselves at dinner. Teach them to take small amounts at first. Assure them they can get more if they're still hungry.

- **Make meals and memories together.**

It's a lesson they'll use for life!

- **Cook together. Eat together.
Talk together. Make mealtime a family time.**

- **They learn from watching you.**

Eat your fruits and veggies and your kids will too.



Creating a Relaxed Meal Time Experience

- Remove distractions
 - No TV, computers, cell phones
- Talk to each other
 - Focus conversation on what happened during the day
 - “What was the best part of your day?”



- ISU Extension Mealtime Cards:
 - <https://store.extension.iastate.edu/Product/Mealtime-Conversation-Cards>

- Family
- Kids
- Tots
- Adolescents



TOTS MEALTIME CONVERSATION CARDS

**BUY EAT LIVE
HEALTHY**
ENRFP | EXPANDED FOOD & NUTRITION EDUCATION PROGRAM
ENFP | FAMILY NUTRITION PROGRAM
ENF | LIVING YOUR FAMILY - BETTER

INSTRUCTIONS:

Cut cards on lines. Put on table in a small egg or bowl. Choose one card at a time for enjoyable family conversations. Por favor corte estas tarjetas separándolas de la línea de la línea punteada. Póngalas en una taza o tazón en la mesa. Elija una tarjeta para comenzar las conversaciones de las comidas familiares.

What kinds of foods do you like to eat best for breakfast (or lunch or dinner or when we go to a restaurant)?

¿Qué son tus comidas favoritas para el desayuno, el almuerzo, la cena o a un restaurante?

If you could be any animal in the world for a day, which animal would it be? Why?

¿Si pudieras ser cualquier animal en todo del mundo durante un día, cual animal serías? ¿Por qué?

What would you like to play after we are finished with this meal? Would you like to play outside or read a book?

¿Qué te gustaría jugar cuando terminamos la comida? ¿Te gustaría jugar afuera o leer un libro?

What would be the best kind of party you could imagine having for your next birthday? Why?

¿Qué es la mejor fiesta que puedes imaginar para tu próximo cumpleaños? ¿Por qué?

Do you have a make-believe story you would like to share with the whole family while we eat together?

¿Tienes un cuento de fantasía que te gustaría contar a la familia mientras comemos?

Would you like to help plan dinner for tomorrow night? What foods would you like to help cook for dinner?

¿Te gustaría ayudar a planear la cena para mañana por la noche? ¿Qué tipos de comida te gustaría ayudar a cocinar para la cena?

What made you smile (or laugh or giggle or cry or feel sad or feel happy) today? Why?

¿Qué te hizo sonreír (o reír, llorar, sentir feliz o triste) hoy? ¿Por qué?

Who did you sit next to at preschool (or childcare or play group or church) today? What did you talk about?

¿Quién se sienta a tu lado a jardín de infancia, guardería o iglesia) hoy?

Cooking Together Activities By Age

- 2 year olds:
 - Make faces out of pieces of fruit and vegetables
 - Scrub vegetables or fruit
 - Tear lettuce or greens
 - Snap green beans
- 3 year olds:
 - Add ingredients
 - Stir
 - Spread PB or other spreads
 - Shake a drink in a sealed container
 - Knead bread dough
- 4 to 5 year olds
 - Peel and mix fruits and vegetables
 - Peel hard boiled eggs
 - Cute soft fruit with a plastic knife
 - Wipe off counters
 - Mash soft fruits, vegetables, and beans
 - Measure dry ingredients
 - Measure liquid ingredients with help

Choose MyPlate Tip Sheets



Spend Smart. Eat Smart. Blog

- Healthy Snacks for Kids Don't Have to Cost More

<http://blogs.extension.iastate.edu/foodsavings/2013/03/18/healthy-snacks-for-kids-dont-have-to-cost-more/>

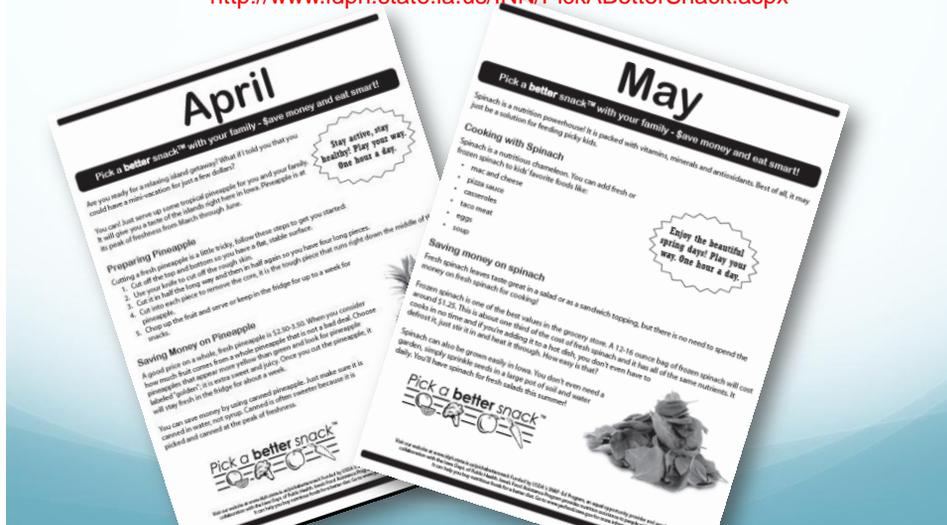
- It's Not Just a Piece of Candy

<http://blogs.extension.iastate.edu/foodsavings/2013/03/11/its-not-just-a-piece-of-candy/>



Pick a Better Snack Monthly Newsletters

<http://www.idph.state.ia.us/INN/PickABetterSnack.aspx>



THANK YOU!



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