Preventing Picky Eating from First Bites:

Sharing Family Meals

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The Dr. Yum Project
Outline

- About The Dr. Yum Project
- Highlight clinical strategies to support starting solids
- Resources and strategies for families related to raising veggie lovers
- Resources:
  - Book: “Raising a Healthy, Happy Eater”
  - PHA: Veggies Early and Often Campaign
  - Website tour of doctoryum.org
Diet-Related Illnesses in Children

- Constipation
- Acid Reflux
- Urinary Tract Infections
- Bedwetting
- Musculoskeletal Pain
- Anxiety
- Poor Attention
- Hyperactivity
Our Mission

To help families and communities overcome barriers to eating well.
Our Vision:

Eating Well is a PRESCRIPTION for:

A Healthy Family

A Healthy Community

A Healthy World
Programs

• Cooking School and Outreach
• Website with Recipes & Other Resources
• Dr. Yum Physician Partners
• Dr. Yum’s Preschool Food Adventure
Our Garden: Veggies Early and Often!
Problem: Pediatric Feeding Disorders

- Picky Eating
- Anxiety Disorder
- Feeding Disorder
Feeding is a Developmental Process
PARENT BRAVELY
PARENT PATIENTLY
PARENT COMPASSIONATELY
PARENT JOYFULLY
PARENT CONSISTENTLY
PARENT MINDFULLY
PARENT PROACTIVELY
Barriers to Raising a Healthy, Happy Eater

- Finances
- Access
- Support
- Time
- Experience
- Resources
Webinar
Dr. Yum’s First Foods: A Baby Food Adventure

Introductory page to teaching babies about food and feeding themselves.

Our Baby Food Toolkit

Getting started feeding and making baby food

Ten ideas for finger foods for babies on toddlers

5 tips for feeding toddlers

Feeding toddlers doesn’t have to be stressful. So many parents of toddlers dread the frustration of eating their picky, unreliable and stubborn little ones. Here are a few pointers to ease in mind when feeding toddlers:

1. Toddler’s don’t need much food!
2. Toddler’s diet (unpredictable) Remember they eat much food. They also don’t need as much food as you. So, have some smaller meals throughout the day on the go and when they are hungry. It’s time to eat their snacks!

3. Offer a variety of foods

4. Don’t get too pick about what they eat. Try new foods and let them enjoy.

5. Don’t forget on the “ACE TRAP” There is an exception of both dairy and dairy in cereals. Lahey...
Feeding Talking points: 4 months

- Dispelling myths about solid foods
- When to start: about 6 mo.
- Variety, not volume
- Heavy Metal Contaminants
- "Meals in parallel"
- Making homemade food
- Accessible
Inspiring your Future Foodie: 4 months

- **Oral motor skills:** Offer a variety of safe teetherers in many different shapes and textures.
- **Gross motor skills:** Encourage your baby to roll with a lot of supervised “tummy time”.
- **Fine motor skills:** Encourage your baby to grab onto teetherers or other safe toys.
- **Cognitive skills:** Talk to your baby face to face, pausing occasionally to watch and respond to their attempts to communicate back to you.
- **Taste training:** Make sure to put tastes of veggies on a frequent rotation once you start feeding solids regularly at 6 months.
steamed first foods
- broccoli
- peaches
- carrots
- pears
- apples
- cauliflower
- sweet peas
- zucchini
- summer squash

fresh first foods
- avocado
- banana

roasted first foods
- sweet potatoes
- carrots
- apples
- butternut squash

Items needed to make baby food at home
- baking sheet
- blender
- pot with steamer
Feeding Talking points: 6 months

- Oral hygiene & weaning daytime pacifiers
- Advancing texture: choking vs gagging
- Pace of introduction to foods
- Important of repetition
- Choosing baby foods that allow exposure to pure vegetable flavors
- Sharing meals with family
- High allergen foods by 12 months
- Water for taste in open cup or straw cup
top 9 food allergens

- milk
- egg
- peanut
- soy
- tree nut
- sesame
- wheat
- fish
- shellfish
Inspiring your Future Foodie: 6 months

- **Oral motor skills:** Provide a variety of purees that they can suck from a spoon or fingers and small, squishable pieces of finger foods.

- **Gross motor skills:** Position babies for feeding with support around back and sides and under feet.

- **Fine motor skills:** Provide soft pieces of food to help them start to "rake" foods with their hands and hold larger strips in their fists.

- **Cognitive skills:** Describe the foods you are eating and show them how you also eat and enjoy food.

- **Taste training:** Offer different preparation of veggie. Boiling, blanching, steaming, roasting and adding different spices can make the many exposures it takes to like vegetables more fun and interesting.
Feeding Talking Points: 9 months

- Chewing food with texture
- Limit pouches
- Encourage self-feeding
- Ideas for finger foods made at home
- Many baby and toddler snacks may have too much salt or sugar
- Straw cup training to strengthen oral motor skills (also helps to strengthen muscles important in speech)
Inspiring your Future Foodie: 9 months

- **Oral motor skills**: Can train baby on a straw cup to strengthen muscles of feeding and speech.
- **Gross motor skills**: Strengthening leg, arm and core muscles with floor play time will help them to feel stable as they sit in a feeding chair and feed.
- **Fine motor skills**: Pieces of soft food in an ice-cube tray can help guide this pincer grasp.
- **Cognitive skills**: Teaching your baby a few signs can reduce frustrations that babies can have around mealtime until their expressive language begins to catch up.
- **Taste training**: Continue to offer parallel meals to the family meals, so your baby can get used to the ways that you season foods and to help reduce the need to prepare multiple meals.
50 percent of parents of two-year-olds report picky eating behaviors:

- Inadequate dietary variety
- Eating the same foods repeatedly
- Unwillingness to try new or familiar foods

Feeding Talking Points: Toddlers

- Toddler “pickiness” reflects decrease in growth rate
- Drinking from a cup, weaning bottles
- Water and milk only, limit juice
- Division of Responsibility
DIVISION OF RESPONSIBILITY
from Ellyn Satter

PARENT DECIDES
What to eat
When to eat
Where to eat

CHILD DECIDES
Whether to eat
How much to eat
Set a Feeding Schedule

MORNING FEEDING
“Growing time” 2-2.5 hours

MORNING SNACK
“Growing time” 2-2.5 hours

LUNCHTIME FEEDING
“Growing time” 2-2.5 hours

AFTERNOON SNACK
“Growing time” 2-2.5 hours

DINNER FEEDING
Some Signs of a Feeding Disorder

INFANTS
- Excessive gagging
- Inability to advance past purees
- Not initiating self-feeding
- Failure to thrive

TODDLERS
- Very limited food choices
- Acting out at mealtime
- Failure to thrive

CHILDREN
- Avoidance of food
- Limited, specific food choices
- Inability to engage in activities with foods
- Overweight or underweight
- Stressful mealtimes!
Get a good history

Nutrition Intake

Please take a moment to fill out this form so that we can get to know your family's habits better:

How many servings of fruits and vegetables does your child eat per day? ______________

How many days a week does your child skip breakfast? ______________

How many days a week does your child get school lunch? ______________

How many nights a week does your family eat dinner together? ______________

How many snacks does your child eat per day? ______________

How many ounces of fruit juice does your child drink per day? ______________

How many ounces of milk does your child drink per day? ______________ What type?

How many times a day does your child drink other sweet drinks (sports drinks, soda, Kool Aid, energy drinks, lemonade, sweet tea, flavored milk)? ______________

Does your child have any dietary restrictions/allergies/sensitivities? Yes No

If yes, please describe: ______________

Please list a few foods your child likes (healthy or unhealthy): ______________

Please list a few foods your child DOES NOT LIKE (healthy or unhealthy): ______________

How many hours of screen time per day? ______________ is there a TV in the bedroom?

How many minutes of physical activity does your child get per day? ______________

How many hours of sleep does your child get per day? ______________

How willing is your child to try unfamiliar foods (circle one)

very willing somewhat willing not very willing unwilling/anxious

Please circle any of the problems below that your child may be experiencing:

- Back pain
- Foot/leg pain
- Joint pain
- Headache
- Anxiety
- Depression
- Constipation
- Hyperactivity
- Heartburn or abdominal pain
- Diarrhea

Food Journal

Write down what your child eats for meals in snacks with as much detail as possible. Don't forget to use your phone to take pictures of all possible meals. Record any physical activity on the last row. Email the journal and photos to your pediatrician before your follow up visit.

<table>
<thead>
<tr>
<th>Day 1</th>
<th>Day 2</th>
<th>Day 3</th>
<th>Day 4</th>
<th>Day 5</th>
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</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>Snack</td>
<td>Lunch</td>
<td>Snack</td>
<td>Dinner</td>
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<tr>
<td>Snack</td>
<td>Snack</td>
<td>Activity</td>
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To learn more, visit DoctorYum.org
Family approach to Vegetable Intake

- Percentage of US children who eat the recommended servings of veggies per day = 10%
- Percentage of adults who eat the recommended servings of veggies per day = 9.4%
Sharing meals is important

2- to 5-year-old children’s liking for vegetables and their vegetable consumption was predicted by eating approximately the same food as their parents.

Introduction to family foods

A small study found that repeated exposure to commercial baby food (peas) did not generalize to homemade versions of the same food.

Modeling is important

When mothers model healthy eating at 1 year there was a higher child frequency of vegetable consumption at 2 years

Cooking with Kids
dr.yum’s
Preschool Food Adventure

dr.yum project eat well. change your world.
Our Team of Experts

Dr. Yum
Pediatrician

Coach Mel
Feeding Specialist

Dietitian Sarah
Registered Dietitian

Mrs. Cannon
Early Childhood Educator

Munchbug
The questions we asked...before and after

1. My student loves food.
2. My student is interested in food.
3. My student refuses to eat food at first.
4. My student enjoys tasting new foods.
5. My student enjoys a wide variety of foods.
6. My student looks forward to mealtimes.
7. My student enjoys eating.
8. My student enjoys tasting new foods that he/she hasn’t eaten before.
9. My student decides that she/he doesn’t like a food, even without tasting it.

- Fussiness and Enjoyment of Food Subscales of the Child Eating Behavior Questionnaire
ELOF and Cooking with Kids

- Approaches to Learning
- Social and Emotional Development
- Language and Literacy
- Cognition
- Perceptual, Motor and Physical Development
# 85% ELOF Fulfillment with ONE Curriculum

**Dr. Yum Preschool Food Adventure Monthly Lessons & Suggested Extension Activities**

| Head Start Early Learning Outcomes Framework (ELOF) | Goal P-ATL 1 | Child manages emotions with increasing independence | Goal P-ATL 2 | Child follows classroom rules and routines with increasing independence | Goal P-ATL 3 | Child appropriately handles and takes care of classroom materials | Goal P-ATL 4 | Child manages actions, words, and behavior with increasing independence | Goal P-ATL 5 | Child demonstrates an increasing ability to control impulses | Goal P-ATL 6 | Child maintains focus and sustains attention with minimal adult support | Goal P-ATL 7 | Child persists in tasks | Goal P-ATL 8 | Child holds information in mind and manipulates it to perform tasks | Goal P-ATL 9 | Child demonstrates flexibility in thinking and behavior | Goal P-ATL 10 | Child demonstrates initiative and independence | Goal P-ATL 11 | Child shows interest in and curiosity about the world around them |
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Cooking and Development

- Washing
- Drying
- Spinning
- Stirring
- Tearing
- Peeling
- Zesting
- Measuring
- Pouring
- Counting
- Setting a table
- Serving
- Cleaning up
- Cutting
- Turning on appliances
Baby Food Options

- Summer Watermelon Gazpacho
- Red Lentil Hummus
- Creamy Cauliflower Potato Leek Soup
- Borsch
recipes for 'wic food package'

- Crustless Quiche
- Spaghetti Frittata
- Cheesy Green Eggs
- Roasted Broccoli with Lemon and