

## Lesson 14.2

# "I Don't Like It!" What Can a Parent Do?

Name \_\_\_\_\_

Date \_\_\_\_\_ Period \_\_\_\_\_

*Because some preschoolers are picky eaters, their parents find that providing them with good nutrition is difficult. Read the following scenarios, and describe how the parents might resolve their problems.*

1. Mason's parents read about how to develop the pincer grasp. When Mason was about 10 months of age, they began putting sugary cereal pieces on his high-chair tray to aid his pincer grasp. Although Mason developed the pincer grasp, he also developed a "sweet tooth" and now refuses cereals with reduced sugar. What should Mason's parents do?

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2. Avery's mother knows she should be a role model, but she has been "addicted" to soft drinks for years. When Avery became an older toddler, she began to beg for a sip. Avery's mother told her that her drink was prune juice. As Avery approaches her fourth birthday, Avery's mother wonders how much longer Avery will buy her explanation. She realizes she is also setting a bad example about being truthful. What should Avery's mother do?

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3. Because family income is tight and food is expensive, Ella's parents do not want food wasted. They want everyone to eat all the food on their plates. Ella's problem is that "her eyes are bigger than her stomach," so she often wastes food. Ella's mother tries to get her to take smaller portions, but Ella always insists she will eat all of it. Ella's mother is very frustrated. Mealtime is a battleground of wills. How should Ella's parents handle the situation?

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Name \_\_\_\_\_

4. Amelia watches a great deal of television. When she goes to the grocery with her mother, Amelia is allowed to select two food items. Amelia always selects empty-calorie foods she has seen advertised on television commercials. What can Amelia's mother do?

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5. Jake's weight is below medical recommendations for his height. As a result, if he rejects foods, his mother will act as a short-order cook and provide anything he wants. Her efforts have not changed the weight situation, but have made Jake more demanding about many other things as well as foods. What should Jake's mother do?

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6. As a single parent, Charlotte's mother works many hours while Charlotte is cared for by others. Charlotte's mother knows that many of Charlotte's food requests are not for nutrient-dense foods. Still, she feels saying "yes" is a way to show her love. She wants the few hours they have together to be harmonious and fun. Charlotte's mother also admits to buying processed foods and nuking (microwaving) them or getting takeout foods as the mainstay of their evening meals. She feels food preparation should not consume too much of their time together. What can Charlotte's mother do?

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7. James' parents believe junk foods in moderation are all right. They also want their son to fit in with his peers. However, they cannot define "moderation." They also know it is more difficult to tell James "no" when he knows they have junk foods in their pantry. Added to these problems are concerns about the health histories on both sides of their family. What should James' parents do?

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8. To make his foods more nutrient-dense, Liam's parents began adding more nutritious foods to Liam's favorite foods. They underestimated Liam. He quickly recognizes the healthy additions and picks them out or spits them out. What can his parents do?

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