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Eat Well Play Hard with Day Care Homes
Family Newsletter

Break the Food Reward Habit

Have you ever been tempted to say: "If you don't eat one more bite, you can't leave the table!" "Clean your plate so you can play," "No dessert until you eat your vegetables," or "Stop crying, and I'll give you a cookie"?

If you said "yes," it's time to stop!

Here are some reasons why comments like these can lead to eating problems for kids.

- ❶ Rewarding a clean plate teaches children to ignore feelings of fullness, and that may lead to overeating.
- ❷ Offering a food (dessert) as a reward for eating another (veggies) makes some foods seem better and therefore more wanted by the child.
- ❸ Getting a food treat to feel better teaches kids to relieve negative feelings by eating. This can lead to overeating later on.

Show your child you care by spending time with her and letting her help you prepare this healthy recipe.

Homemade Applesauce

Yield: 4 cups

Serves: 8 adults

Ingredients

5 medium apples (one and a half pounds)
1/2 teaspoon cinnamon
1/2 cup water
brown sugar (optional)



Steps

1. **Wash the apples.**
2. *Peel, core and quarter the apples.
3. **Cut the apples into small sections (children may do this using a butter knife).**
4. **In a medium pot, combine the apples, cinnamon and water.**
5. Cover pot, and cook apples over medium heat until they come to a boil. Then simmer over low heat until the apples test tender when you stick them with a fork, about 20-30 minutes. Stir the apples a few times; adding more water if they cook dry.
6. Beat the tender cooked apples smooth with a spoon.
7. Serve applesauce warm or cold with a sprinkle of brown sugar if desired.
8. **Enjoy!**

Have your child help you do the bold steps.

*If you have a food mill, cook the apples without peeling them until tender and put them through the food mill.

Use a nonfood approach

Reward your child with attention and kind words. Console with hugs and talk. Show love by spending time and having fun together.

Ways to reward your child:

- Read extra stories at bedtime.
- Bubble bath.
- Go to the library for special story time.
- Have a pajama party with Mom or Dad.
- Let your child have extra playtime or privileges.
- Have a family game night and let your child pick out the game.
- Have a family outing to a park, zoo, sporting event, or aquarium.



Special rewards for older children:

- Let them invite a few friends to a sleep over.
- Camp out in the back yard.
- Write a special note to your child.

*Be sure to avoid giving extra time in front of the TV or computer as a reward!

Special Rewards for a Job Well Done

Make a list of fun, nonfood rewards that don't cost much and post it where the whole family can see it.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____