

Talking to Parents About Nutrition in a Way that Helps Without Harming

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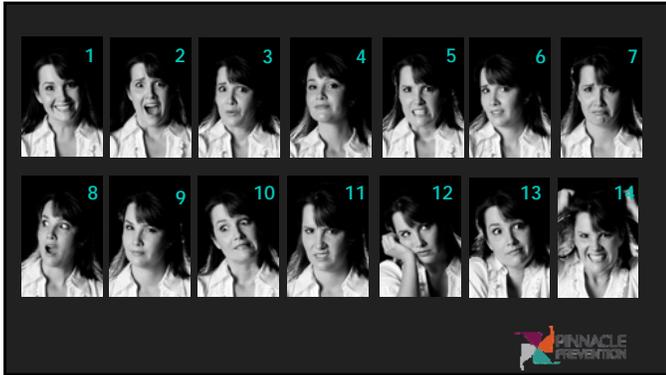


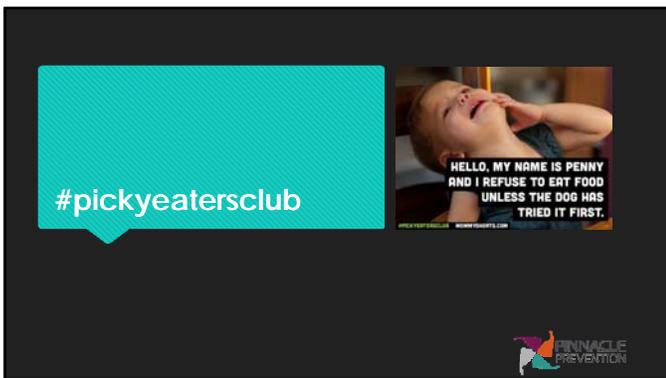
Overview

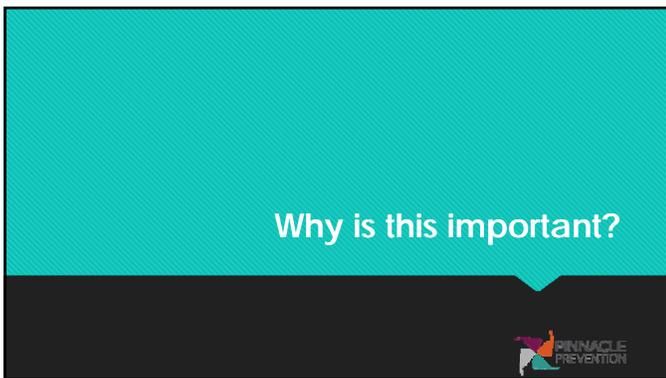
- Understanding Eating Competence and Feeding Dynamics
- Helping Without Harming
- Introduction to the Possibilities
- Resources













In the News

Consequences in how we deliver the message about nutrition, food, and weight

- Anxiety
- Lack of confidence
- Social judgment
- Unhealthy weight control behaviors
- Avoidance of physical activity (where stigma/teasing may occur)



Nutrition considers...

- Support for children's eating capabilities, including inborn and learned capabilities and how to support them.
- Trust and control issues. Giving the child autonomy with eating as opposed to agenda-driven feeding practices.
- Understanding and trusting each child's natural growth tendencies.
- Feeding management to support feeding dynamics, including prescriptive food selection, portion sizes, and weight outcomes that may undermine feeding.
- Feeding challenges and how to approach the caregivers need to address feeding - not fix the child.



How can we address families' issues without telling them what to eat?



Eating Competence:
Eating Competence is being positive, comfortable and flexible with eating as well as matter-of-fact and reliable about getting enough to eat of enjoyable and nourishing food.

Creates harmony between our "shoulds" and our "wants" with eating.



Eating Competence

○ Eating competent people eat – and are healthier!



The Satter Eating Competence Model

Eating Competent people do better than non-eating competent people:

- Have better diets
- Have the same or lower BMI
- Have better physical self acceptance
- Are more active
- Sleep better
- Have better medical and lab tests
- Do better with feeding their children

Are you a competent eater?

- Do you feel good about food and about eating—and feel good about feeling good?
- Do you like a variety of food and enjoy learning to like new food?
- Do you trust yourself to eat enough for you?
- Do you take time to eat? To have regular meals (and snacks) and pay attention when you eat?



Internal Regulation of Intake

- I trust myself to eat enough for me.
- I eat as much as I am hungry for.
- I eat until I am satisfied.



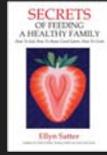
Food Acceptance

- I experiment with new food and learn to like it.
- If the situation demands, I can "make do" by eating food I don't much care for.
- I eat a wide variety of foods.



Eating Context

- I tune into food and pay attention to eating.
- I make time to eat.
- I have regular meals.
- I consider what is good for me when I eat.
- I plan for feeding myself.



Eating Competence

- Age, by itself, does not appear to be associated with eating competence.
- Males are more eating competent than women.
- Eating competent people more frequently perceive being physically active.
- Strange, but true...BMI is not very related to eating competence, even when controlling for gender.
 - When related though, eating competent people have a lower BMI.
- Competent eaters report enjoying cooking more often, spend more time cooking, and have stronger food resource management skills (e.g. using a shopping list, preparing a budget, reading labels).
- Having 8 or more hours of sleep a night is associated with greater eating competence.



Eating Competence and Parenting

- Parents who are eating competent demonstrate reliable mealtime structure, self-efficacy for serving fruits and vegetables, and have more fruits and vegetables available in the home.



Feeding Dynamics



○ What can eating competent children do?

- Feel good about eating and have the drive to eat.
- Naturally eat as much as they need and grow in the way that is right for them.
- Show us how to feed them as they grow and develop.
- Learn to eat the food their parents eat.
- Enjoy family meals and learn to behave well at mealtimes.



Helping Without Harming



Reflection

- Anna recently took 4-year old David to see their family healthcare provider for his annual well-visit. After being weighed Anna's provider expressed disappointment with David's weight and was told that David is classified as obese.
- Discuss the challenge.



The Message...

Raise children to be good eaters and movers!



The Message, cont...

- Emphasize raising happy, healthy, productive children, whatever their size!



The Message, cont...

Parents' Feeding Jobs:

- Choose and prepare the food
- Provide regular meals and snacks
- Make eating times pleasant
- Show children what they have to learn about food and mealtime behavior
- Not let children graze for food or beverages between meal and snack times
- Let children grow up to get bodies that are right for them

Children's Eating Jobs:

- Children will eat
- They will eat the amount they need
- They will learn to eat the food their parents eat
- They will grow predictably
- They will learn to behave well at the table



The Possibilities...



Talking to Parents... Revisiting Anna and David

- Anna recently took 4-year old David to see their family healthcare provider for his annual well-visit. After being weighed Anna's provider expressed disappointment with David's weight and was told that David is classified as obese.
- Considering eating competence and feeding dynamics, what would you assess?
- How would you frame your nutrition message in a way that helps without haring?



10 Steps Early Childhood Professionals Can Take to Support Healthy Feeding Relationships

1. Support the basic principles of the Division of Responsibility in Feeding and recognize its importance in developing a positive Feeding Relationship between adults and children.
2. Communicate the Division of Responsibility in Feeding to staff, parents and their children, and other caregivers.
3. Speak positively about bodies and food.
4. Make mealtime tables a pleasant place to be.
5. Encourage Family Style meals to raise confident and competent eaters.
6. Be a Healthy Role Model!
7. Encourage meals and sit-down snacks at regularly scheduled times.
8. Encourage a variety of foods.
9. Respect a child's feelings of fullness and/or feelings of hunger.
10. Enjoy food and active play every day!



Always Remember the Joy of Eating

- Feed yourself faithfully.
- Give yourself permission to eat.
- Notice as you learn and grow.



Resources

- Pinnacle Prevention Nourish Clinic:
www.pinnacleprevention.org
- Elyn Satter Institute:
<http://www.elynsatterinstitute.org/index.php>
- Health at Every Size:
<http://www.haescommunity.org/>



Questions?

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