



## Dr. Riba's Health Club

Children and families feeding well, feeling well, living well.

# Division of Responsibility.

### Parents decide

- What is being served
- When mealtimes are (children don't get to graze).
- Make mealtimes more enjoyable

### Children decide:

- If they are going to eat
- How much they are going to eat  
(*This will help them learn how to regulate themselves*)

Offer a variety of foods for your family. Then sit down, relax, and enjoy your loved ones. You have done your part.

Coaxing, bribing, and threatening children to eat food, or to "just try it" will only make things worse.

### Tips for Family Meals

- Sitting together as a family for meals is one of the best things you can do for your child.
- Turn off the TV. Gather all the family available, even those who are not hungry. Not everyone has to eat.
- This is an important time to share, make memories, and enjoy each other's company.
- Everyone should have access to all the foods. Don't single a food out for one person.
- Avoid coaxing, bribing.
- Make meals pleasant. Turn on music. Use seasonally inspired decorations on the table.



Children & Families  
Commission of Orange County