



Child Feeding Community of Practice Webinar

June 21, 2018

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UNIVERSITY OF CALIFORNIA
cal  fresh Nutrition Education

Image: <https://www.flickr.com/photos/usdagov/>

This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

Agenda

-  Introductions
-  Research You May Have Missed
-  Questions From the Field
-  Resources
-  In the Classroom:

Healthy Happy Families – How Children Grow

<http://ucanr.edu/sites/hhf/>

Community of Practice

“Communities of practice are groups of people who share a concern or a passion for something they do and who interact regularly to learn how to do it better.”

Etienne Wenger

Members help each other, share information, and build relationships that enable them to learn from each other.

Poll: Your Practice Related to Child Feeding

Which of these statements applies to you?

- I teach the Healthy Happy Families (HHF) curriculum on a regular basis
- I teach HHF lessons from time to time
- I don't teach HHF, but I often work with parents of young children and get questions about child feeding
- Child feeding is an area of general interest to me

Research You May Have Missed

Dr. L. Karina Díaz Rios, CE Specialist in Nutrition

Correlates of picky eating and food neophobia in young children: a systematic review and meta-analysis

Cole NC, et al. *Nutrition Reviews*. 2017;75(7):516-532

The influence of parental practices on child promotive and preventive food consumption behaviors: a systematic review and meta-analysis

Yee AZH, et al. *International Journal of Behavioral Nutrition and Physical Activity*. 2017;14(1):47

Research

to support your practice

Picky Eating ≤ 2 yrs old

 Prevalence ~ 25%^a

 Child behavior & food preferences

↓ Appetite, food variety, enjoyment,
liking and responsiveness

↑ Satiety responsiveness, feeding time

Research

to support your practice

Picky Eating ≤ 2 yrs old

Promoting

Preventive

Percentage of F&V
disliked by mom

Baby-led weaning

Mealtime negativity

Mom awareness of hunger
and satiety cues

Mom concern about child
undereating and
underweight

Mom monitoring

Structured family meals

Food Consumption Predictors^b

	Age Group	K	Healthy Food	K	Unhealthy Food
Restrictive Guidance	COS			3	−0.19 ***
	FOS			3	−0.20 *
Availability	POS	6	0.16 **	5	0.37 ***
	COS	8	0.26 ***	1	0.22 ***
	FOS	1	0.53 ***		
Accessibility	POS	1	0.26 ***		
Modeling	POS	9	0.34 ***	2	0.48 ***
	COS	7	0.24 ***	3	0.27 ***
	FOS	1	0.42 ***		
Pressure	POS	8	−0.06 *		
Reward with Verbal Praise	POS	2	0.26 ***	2	−0.08 **

POS: 2-6 yo; COS: 7-11 yo; FOS: 12-18 yo

K: number of studies; Effect Size Pearson's r. *p < .05, **p < .01, ***p < .00

b. Yee AZH, et al. *Int J Behav Nutr Phys Act.* 2017;14(1):47

Take-Home Messages

Child food consumption is related to what **parents:**

- 🌸 Offer (availability)
- 🌸 Eat (model)
- 🌸 Reward (verbal praise)

Picky eating can be prevented by:

- 🌸 Attention to child's hunger & satiety cues
- 🌸 Mom liking more F&V (model)
- 🌸 Family meals (routines)
- 🌸 Positive mealtime



Questions from the Field



Parent Questions

- 🥕 How do I handle a child who is a picky eater?
- 🥕 I'm worried about wasting money if my child won't eat the food.
- 🥕 How can I get my child to try new foods?
- 🥕 My child does not like vegetables – what can I do?
 - Should I 'hide' vegetables in foods?
- 🥕 My husband doesn't want to eat healthy, so my child won't either. How can I change that?

Educator Question

 As a young educator without children, how can I claim authority on this subject so that families trust what we are teaching and take it seriously?

Best Practices

-  Encourage parents/caregivers – let them know they are doing a good job.
-  Encourage conversation to let other parents/caregivers provide their experiences and successes.
-  Open with a question to start the group thinking about the topic and issues they may be experiencing.

Resources

Ellyn Satter Institute

<https://www.ellynsatterinstitute.org/how-to-feed/childrens-eating-and-growth/#children-know-how-much-they-need-to-eat>

<https://www.ellynsatterinstitute.org/how-to-feed/childrens-eating-and-growth/>

CDC

<https://www.cdc.gov/ncbddd/childdevelopment/positiveparenting/preschoolers.html>

NPR: <https://www.npr.org/series/607483398/-howtoraiseahuman>

<https://www.npr.org/sections/thesalt/2018/06/09/618025893/want-your-child-to-try-eat-almost-everything-skip-the-kids-menu>

Healthy, Happy Families Class Series “In the Classroom” Segment Angela Asch Yolo County



Poll Question

Were you compared (growth, appearance) to your brother, sister, cousin growing up?

- A. Yes, often
- B. No
- C. Sometimes



Healthy, Happy Families Class Series

Series for caregivers of typically developing children 2-5 years of age.

– Lesson 3: Watching Children Grow

– Lesson Message: Every child's growth is unique!

<http://anrcatalog.ucanr.edu/Details.aspx?itemNo=21646SET>



Healthy, Happy Families: Lesson 3

Main Concept: All children grow and develop at their own pace.

Children grow in unique patterns. *No two children are alike.*

Growth is rapid in infancy and slows during the preschool years.

Your children may have spurts and slow periods. *That is normal.*



What & How

Each HHF lesson has a nutrition education component.

- For **Lesson 3 - Milk Group**
- Sign in and welcome participants.
- Describe the purpose and content of the day's class and subsequent classes, if a series is scheduled.
 - *Estimated time 5 min.



What & How

- Ice breaker
 - Introduce yourself & talk about your child if you have children or reference your family and growing up.
 - Ask participants to share information about themselves and their child(ren).
- Ask participants if there are any questions or struggles they would like to share or cover before starting the topic.
 - *Est. time 5-10 min., depending on class size



Image courtesy of my child, Frankie 2 1/2 years

What & How

- *Lesson Introduction (pg. 13 of Educator Guide)*
 - Use flip chart (large group) or index cards (individually) for this activity
 - How do you know if your child is growing normally?
 - Are all of your children growing in exactly the same way?
 - Discuss differences in children and siblings.
 - Refer to *Educator Guide pg. 13-15* and the *HHF website* for more tips and examples.

*Estimated time 10-15 min.

<http://ucanr.edu/sites/hhf/Feeding Through the Ages/>



Image courtesy of my child, Frankie 3 years old

What & How

- *Lesson Activity (pg. 16 Educator Guide)*
- Discuss with participants typical development and growth spurts.
 - During growth spurts children will eat more and then taper off during slower growth.
 - Food models to show appropriate portion sizes; adult versus preschool child
- Reference the HHF website for more tips & talking points

http://ucanr.edu/sites/hhf/Feeding_Through_the_Ages/Additional_Resources_916/

*Estimated time 10-15 min.



Image courtesy of my child, Frankie 4 years old

What & How

Parent Guide

- Reference and incorporate parent handouts into lesson (*p.7 & 8 in Parent Guide*).
- Photocopy pages 7 & 8 to give to parents
 - Go over the tips on page 7
 - Point out the activity, “Things You can Do” on page 8
 - Send home CDC growth charts and story book

*Estimated time 5-10 min.



Image courtesy of my child, Frankie 5 years old

CDC Growth Charts



Milestones Moments Book (English & Spanish)



What & How

- If time allows address questions or concerns as the lesson progresses – *and/or*
 - offer contact information for follow up
 - continue conversation at next class meeting.
- Note: HHF classes range from 30-60 minutes
 - Lessons can be taught one or two at a time.
 - Always start series with “Begin Healthy Habits Early” lesson (Lesson 1)
 - After that lesson order can be rearranged according to your community’s needs.



Image courtesy of my son, Frankie age 6

Quarterly Newsletter

http://yolonutrition.ucanr.edu/Fuel_Their_Minds/

“Fuel Their Minds” - available online.

- “Parent Insert” - English and Spanish
- Age appropriate and developmentally applicable



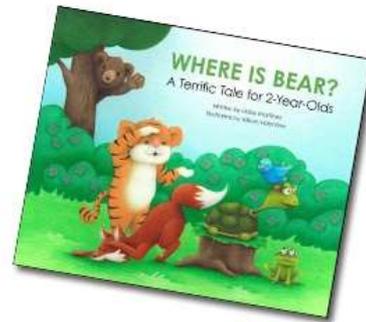
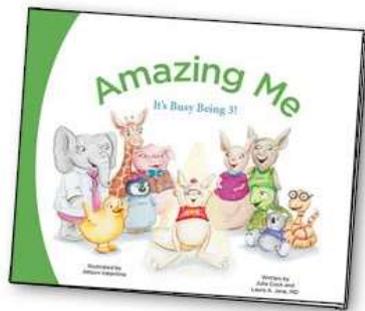
Image courtesy of my child, Frankie 7 years old

Resources

- HHF website: <http://ucanr.edu/sites/hhf/>
- CDC growth charts:
 - <https://wwwn.cdc.gov/pubs/CDCInfoOnDemand.aspx?ProgramID=2>

Story books:

- <https://www.cdc.gov/ncbddd/actearly/amazingme.html>
- <https://wwwn.cdc.gov/pubs/CDCInfoOnDemand.aspx?ProgramID=2>



Food Models

- Nasco - Children's Nutrition Kit - Ages 1-3 (WA16564)
- Nasco – Children's Nutrition Kit – Ages 4-10 (WA19456)



Poll Question



After this presentation, do you feel better prepared to present this lesson?

- A. Yes
- B. No
- C. Sort of

Contact



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<http://yolonutrition.ucanr.edu/>

<https://www.facebook.com/UCCECalFreshNutritionEducationProgramYoloCounty/>

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