

## Feeding Recommendations:

develop a list of foods the child will or will not eat.

determine if there is a pattern to rejected foods; this could provide a clue to food allergies.

take a 2-week diet history.

have your child's PCP show you the child's growth chart.

Realize there is a period of normal physiological anorexia between the ages of 1-4 where there is a decreased need for food.

the child should eat less desired foods before desired foods can be consumed (Premack principle).

if mealtime food is not eaten there are no snacks later.

child can go back and eat mealtime foods if hungry later on.

child should not be allowed to engage in fun activities while family is eating.

a reward system such as a sticker chart or coupons could be used to shape proper eating behaviors.

mealtimes should not be a battle.