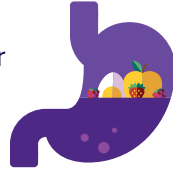
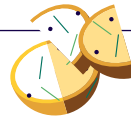
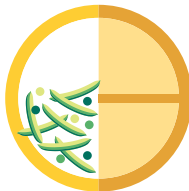


How you talk about food affects your child's eating habits, now and in the future!
This handout shows you how to turn negative talk into positive words that can help your child develop a healthy relationship with food.

Negative Talk	Positive Talk	Why it Works
Try this food for me. If you don't try this food, you will be punished.	This strawberry is very sweet!  These carrot sticks are crunchy! 	Instead of having your child eat a food to get your approval, talk about how a food looks or tastes to encourage them to try it.
Great job making a happy plate! You have to eat everything on your plate before you can get up. Why can't you eat all of your broccoli like your brother? 	How does your stomach feel?  Listen to your stomach. Is it telling you that you have eaten enough food?	Instead of forcing kids to eat and ignoring their bodies, you encourage them to tune in to what their body is telling them. 
See how wrong you were about that food? Didn't that food taste good after all?	Which vegetable did you like better?  What did you think about the spinach? 	The positive talk gives your child a chance to make choices and tell you how they feel.
You didn't eat all the vegetables on your plate so you don't get a treat. 	I can cook that vegetable a different way next time to see if you like it better! 	Instead of encouraging your child to eat "healthy" foods like vegetables so they can have a dessert or treat, let them know it's ok to try the "healthy" food again later without withholding the treat.

Allow your child to make their own choices about what foods to eat and how much of each to eat. Provide healthy foods and model the behaviors you want to see. Use positive language so your child doesn't see food as "good" or "bad," but as something that gives their body energy and can be enjoyed.

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