



# Pre-School Pages



A newsletter for parents of pre-schoolers  
packed with food, facts & fun  
from your local county extension office

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## Kids Care

### Tips for Dealing with Fussy Eaters

Deciding what to make for dinner can be hard, but add a fussy eater, and it can feel impossible. Don't let the insistent "I don't like that" get you angry or stressed out.

Research suggests that your child's willingness to try food depends partly on the eating environment; suggesting pleasant and low-stress mealtimes can help.

Here are some suggestions that might help.

- Make meal times happy, regular, and social occasions. Try not to worry about spilled drinks or food on the floor.
- New foods can be scary, so have realistic expectations – for example, you can start by asking your child to try a small piece of food, and work up to trying a mouthful over time. Be sure to praise their effort. After all, who really liked squash the first time they tried it?
- Never force your child to try a food. He'll have lots of other opportunities to try new foods. Forcing a child to eat can create a hostile or stressful environment, which can suppress his appetite.
- If your child is fussing about food, ignore it as much as you can. Giving fussy eating

lots of attention could encourage children to keep behaving this way.

- Make healthy foods fun – for example, cut sandwiches into interesting shapes, or let your child help prepare a salad or whisk eggs for an omelet.
- Turn the TV off and take a break from cell phones so you can talk to each other.
- Set a time limit of about 20 minutes for meals. Anything that goes on too long isn't fun. If your child hasn't eaten the food in this time, take it away and don't offer your child more food until the next planned meal or snack time.

Remember, sometimes toddlers are too distracted to sit at the family table for a meal. If this sounds like your child, try having quiet time before meals so she can calm down before eating. Even the ritual of hand-washing can help.

#### References:

Harris, H. A., Jansen, E., Mallan, K. M., Daniels, L., & Thorpe, K. (2018). Concern explaining nonresponsive feeding: A study of mothers' and fathers' response to their child's fussy eating. *Journal of Nutrition Education and Behavior*, 50, 757.  
doi: 10.1016/j.jneb.2018.05.021

**Source:** David Weisenhorn, Ph.D. Senior Specialist for Parenting and Child Development



# Life Savers

## How to Respond to Your Child's Temper Tantrum

in public? Consider this information before you react. Temper tantrums are described as the often unplanned expression of a child's frustration and anger with the challenges of a situation. They are a normal part of your child's development. A temper tantrum involves hitting, breath holding, biting and pinching. Because your child may not yet have the skills to express frustration, he or she expresses it through temper tantrums. The following are some effective suggestions to respond during your child's temper tantrum:

- **Stay calm** – By managing your own emotions you can model the good behavior you want for your child. Yelling and screaming at your child could make things worse.
- **Distract or remove your child** – Distract your child with a new activity or game. If necessary, take your child to another place to calm him or her down. If you are at home, leave the room for a minute or so.
- **Implement a time-out** – If your child is age 2 or older enforce a timeout. You may want to give a minute of timeout for every year of your child's age.
- **Talk to your child about the behavior** – Once your child has calmed down, talk about the reason for the timeout and why the behavior was inappropriate. Also, discuss acceptable ways to handle anger, for instance asking for help or using self-calming tactics.
- **Nurture your child** – Young children do not understand why they lose control so they get very afraid of tantrums. They must learn there are more appropriate ways to behave, and that you still love and care for them.

There is no magic formula for preventing your child's temper tantrum. What is most important is to help him or her deal with frustration and negative emotions.

### References:

Hot temper, cool parenting: How to handle temper tantrums. eXtension. Retrieved from <http://www.extension.org/pages/28530/hot-temper-cool-parenting:-how-to-handle-temper-tantrums#.Vc4pzPmhs09>

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Discipline and your child. Retrieved from <https://www.healthychildren.org/English/family-life/family-dynamics/communication-discipline/Pages/Disciplining-Your-Child.aspx>

**Source:** Angelica S. Reina, Senior Extension Specialist for Child Development and Parenting Education, University of Kentucky; College of Agriculture, Food and Environment

# Let's Eat

## Fruit Mini Squares

1 square graham cracker  
1 teaspoon vanilla yogurt  
2 tablespoons chopped fruit  
Drizzle of honey or maple syrup  
Sprinkle of cinnamon

1. Give child graham cracker.
2. Have them top the cracker with yogurt and fruit.
3. Sprinkle with cinnamon and drizzle with honey or maple syrup.

**Source:** Nutrition Education Program, University of Kentucky Cooperative Extension Service

**Yield:** 1 serving (1 mini square)

**Nutrition Facts:** 60 calories; 2 g fat; 0 g saturated fat; 0 g trans fat; 5 mg cholesterol; 290 mg sodium; 5 g carbohydrate; 0 g fiber; 1 g sugar; 0 g added sugars; 2 g protein; 0 % Daily Value of vitamin D; 0.5 Daily Value of iron; 2 % Daily Value of potassium

Sincerely,

*Brooke Hogancamp*

Carlisle County Extension Agent for  
Family and Consumer Sciences Education



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