



FEEDING WITH LOVE AND GOOD SENSE II DVD Parent Teacher's Guide

Segment 4: The Preschooler (3 to 5 Years)

Leader notes: As outlined in *To the Teacher*, the *Parent Teacher's Guide* is intended to help you facilitate parent-focused education. The bottom line is empowering parents:

1. To observe and understand their child
2. To do their feeding jobs and let their child do his or her eating jobs.

After working their way through the lesson plan, all but the most overwhelmed or rigid parents will have achieved these two goals. In other words, they will see feeding from their child's point of view, and they will set aside their feeding agendas. Those feeding agendas have to do with getting their child to eat certain types or amounts of food, or to behave in certain ways with eating.

Each lesson plan starts with a check-in, where parents do dyad discussion—introduce themselves to one other person and then to the group. Parents love the check-in. It helps them relax and feel at home, connect with at least one other person and with the group, and stimulates discussion. It also helps you to know who is there and what issues they bring. The group also ends with a check-out, where parents say what they got from the group. For the check-out, you can skip the dyad part of the discussion because by now groups members will have gotten relaxed with speaking to the whole group.

This lesson plan helps parent establish the feeding pattern that they will use throughout their child's growing-up years. Continuing to follow the division of responsibility, including maintaining the structure of meals and snacks, is essential for children of all ages. Here are the **Key topics** in this segment:

- Parenting the preschooler with feeding
- When feeding is going well
- Too much interference and too little support
- Teaching a child to eat too much or too little
- Teaching a child to be finicky

CHECK-IN

Do the check-in. For guidelines, see *To the Teacher*, page 3. After the check-in goes around the group, pick up on two or three themes that parents raise in their discussion. Then make the segue: "You are in the right place. We will discuss those issues."

INTRODUCTION

After all the commotion and challenges of raising a toddler, having a preschooler feels like sailing into quiet waters. The preschooler is easy to have around because he is cooperative and remembers what you tell him to do. But the very traits that make your preschooler easy to live with also present pitfalls.

- Because he admires you and wants to please you, it is possible to get your preschooler to eat what and how much you want him to eat rather than what and how much he wants to. Don't do it. It will make him feel bad, both about himself and about eating, and undermine his eating competence.
- Because he is so self-reliant and independent, it is possible to become casual about parenting him. Don't do that, either. With feeding as with every other part of life, your preschooler needs you as much as ever, just in different ways.