



Grazing on Food & Drinks



Does your child like to sip a drink and nibble on food while playing?



Kids are often so busy exploring and playing, that they do not have time to sit down for meals.



Continually grazing on food and drinks can lead to tooth decay.



Good Meal Planning

Provide meals and planned snacks at set times during the day to prevent 'grazing'.



Have your child sit at the table for meals & snacks.



Make sure there are no distractions during meals.



Have 'quiet' time before meals so the child is focused on eating.



Any food and drink not finished should be removed when the child starts to play again.





Tips to eat less Sweets



Sweet foods like lollies, cakes, pastries and biscuits can cause decay.

Don't keep sweets in your house or carer's house!



Children will ask for them if they know they are there.

Fruit is sweet & healthy- so make it fun to eat!



Make fruit easy to eat by chopping into small pieces.

Make fruit kebabs- put pieces of fruit onto kebab or paddle pop sticks.



Serve frozen fruit- like grapes, mango chunks and pineapple slices.



Make fruit and milk smoothies.

Serve chopped fruit with a 'yoghurt dip'.

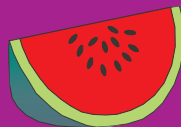


Make a 'Fruit Salad Rainbow', 'Fruit Face' or other creation by using different coloured fruit .

Make 'Monkeys Tails'- place chopped banana on a paddle pop stick.



Make fruit ice-blocks- freeze blended apple and strawberry puree.





Tips to stop Sweet Drinks

Sweet drinks including all fruit juices, cordials, soft drinks, sports drinks & flavoured milks can cause tooth decay.



Have a jug of tap water available at meal and play times.

Take a bottle of tap water when you leave the house to avoid buying drinks later.

You can reduce sweet drinks by following these tips:

Only give sweet drinks at meal times.

Use an extra small cup and fill with lots of ice.

Dilute juice and cordial with extra water.

How to make water more interesting



- Use fun shaped ice cubes.
- Add a thin slice lemon to ice cubes before freezing.
- Use coloured and spiral straws.
- Decorate the rim of cups with mini 'cocktail' umbrellas & slices of fruit.
 - Use fun cups such as those you can decorate & colour-in (but never put sweet drinks in the fun cups- save them for water only!)





Goals and Rewards

Non-Junk Food Rewards for Children

- Going to the park
- Being lifted into the air
- Riding on dad's shoulders
- Having a bubble bath
- Making noises with pots and pans
- Finger painting
- Playing with play dough
- Going for a picnic (even in the backyard)!
- Going to the library
- Staying up late
- Hiring a video or DVD



Children like praise
as motivation for
good behaviour.



Use goal charts and
'Non-Junk Food'
rewards.

Ask family & friends not to give sweets as 'treats'

Ask them to give healthy snacks instead, like :

- Frozen fruit chunks

such as mango (instead of an ice block)



- Plain popcorn (instead of a packet of chips)
- Milk & fruit smoothie (instead of a soft drink)





TOOTH SMART

Fussy Eaters



What to do if your child does not eat the meal?

Step 1: Avoid battles - remove the uneaten food without making a fuss.

Step 2: Never replace the uneaten meal with an unhealthy food or drink.

Tell them they can have the uneaten meal or a *healthy* snack later.

Many young children will try to show their independence at meal times.



Parents cannot force their child to eat.

However, it is the job of parents to offer healthy foods and drinks.



Children won't starve, they will eventually eat healthy foods if that is all they are given.



Tips for happy meal times



Provide very small servings of disliked foods (eg. 3 green peas). Kids often need to see the food 10 to 15 times before they accept it.



Have meals in a calm environment with no distractions.

Add grated fruit and veggies to sauces, gravy, soup, muffins & pikelets.



Ask your child to help choose fruit and veggies at the supermarket.

Ask your child to help with cooking, like tearing lettuce leaves for a salad.

Provide dinner early (such as 4pm) if your child is too tired to eat later.



Do not let your child 'fill-up' on fluids before meals.

Do not use food as a reward- telling kids "you can have an ice-cream if you eat your broccoli" only reinforces the appeal of sweets over vegetables.



Adults need to be a good role model and eat healthy foods, too.





Reading Food & Drink Labels

Follow these steps to work out how many teaspoons of sugar are in different food and drinks

Step 1. Find the 'sugars' section on the nutrition label



This product has
36g of sugar
per serve

NUTRITIONAL INFORMATION

SERVINGS PER PACKAGE: 5
SERVING SIZE: 200mL

PER SERVE **PER 100G**

ENERGY	874 kJ	437 kJ
PROTEIN	208 Cal	104 Cal
FAT	10.6 g	5.3 g
CARBOHYDRATE	1.9 g	0.95 g
TOTAL	36.6 g	18.3 g
SUGARS	36.2 g	18.1 g
SODIUM	140 mg	70 mg
POTASSIUM	432 mg	216 mg

Step 2. Divide the amount of sugar by 4 to find out how many teaspoons: $36 \div 4 = 9$

Answer: There are 9 teaspoons of sugar in this food!



Use the sugar 'per 100g' when comparing two products.
The shopping guide below will help you choose the best.

	Low sugar 😊	Moderate sugar 😊	Too much sugar 😞
FOOD per 100g	5g or less	5.1 – 14.9g	15g or more
DRINK per 100mL	2.5g or less	2.6 – 7.4g	7.5g or more



TOOTH SMART

Stopping the Bottle (Older Child)

Your child needs to stop drinking from a bottle at 12 months of age.



If they don't - they may get tooth decay, ear infections and have low iron.

Children older than 12 months should have no more than **2 to 3 cups of milk a day.**



Some children can take a little longer to give up the bottle. **Just don't stop trying.**



An older child has to get rid of the bottle in **ONE-GO!**
A bit like losing a baby tooth!

Steps to stop the bottle



Step 1. Organise a special day for the bottle to be 'collected' by a fun character like the 'Bottle Fairy' or 'Superman'.

Step 2. Remove the bottle from the house and replace it with a special treat like a new toy or colouring-in book.

Make Drinking from a Cup Fun



- Decorate a new cup with your child.
- Use coloured and spiral straws.
- Talk to your child about hugging a teddy or playing with their new toy when they miss the bottle.
- Always have a cup of water ready for when your child is thirsty.
- Drink from cups together.





Stopping the Bottle (Baby)

- Your child needs to stop drinking from a bottle at 12 months of age.
- If they don't - they may get tooth decay, ear infections and have low iron.



At 6 months

1. Let them get used to holding their new cup by playing with it. They can use it as a 'shaker' by filling with ice-cubes or as a 'bucket' in the bath.

2. Let them drink from the training cup when they want to.



At 8-9 months

1. Swap one bottle with the cup (start with a lunch-time feed, as the morning & night time feeds are usually harder to give up).

2. Start to gradually swap more bottle feeds with a cup.

Ideas to help calm your baby



Play soothing music and give extra cuddles.



Drink from a cup together.



Heat the water if your child is used to warm drinks.

What about bed-time with a bottle of water?



Water won't hurt your baby's teeth.

- However, your baby may not learn to sleep without a bottle and they may wake more often with a wet nappy or because they have run-out of water.

Children older than 12 months should have **no more than 2 to 3 cups of milk a day.**





Mini-Meals for Children



Children have high nutrition needs for their little size. Lollies, chips, soft drink and other low nutrient “junk food” should not be part of their everyday diet.

Mini Snacks



- Soft fruit.
- Cheese and crackers.
- Milk smoothie.
- Boiled egg or cold meat.
- Baked beans on toast.
- Vegetable sticks & peanut butter.



Breakfast

Wholegrain toast with cheese, baked beans or egg.

Whole-wheat cereal, muesli or porridge with milk.

Chopped fruit and yoghurt or milk smoothie. Replace flavoured milk with plain milk and a Sipahh™ straw.



Lunch



Sandwich using multigrain, wholemeal or ‘high-fibre’ white bread. (Try using rolls, wraps and bagels as well).

Fill sandwiches with salads, lean meat, cheese, peanut butter and egg (rather than sugary spreads like jam & honey).



Make rice and pasta meals.

Dinner should include:

Protein - such as beef, chicken, lamb, fish, eggs or legumes

Vegetables - use 2-3 types and a variety of colours.

Carbohydrate - such as pasta, noodles, rice or bread.

