

# 10 LESSONS KIDS NEED TO LEARN SO YOU CAN STOP BEING A SHORT-ORDER CHEF

ONE

**Lesson:** You're responsible for you're own eating.

**Parents:** Stop trying to convince kids to eat.

TWO

**Lesson:** You choose what you eat.

**Parents:** Deconstruct meals. Allow choices.

THREE

**Lesson:** Your taste preferences are respected.

**Parents:** Serve at least 1 food each person eats, even if just rice or peas.

FOUR

**Lesson:** You can't eat the same food every meal.

**Parents:** Use the Rotation Rule (don't serve the same food two days in a row).

FIVE

**Lesson:** Sometimes you have to eat a clunker.

**Parents:** Don't cater to favorites every night.

SIX

**Lesson:** Other people want their favorites too.

**Parents:** Trade who gets to pick the menu--consider giving everyone 1 "choice" ticket per week.

SEVEN

**Lesson:** Healthy snacks are tasty.

**Parents:** Serve meal-quality snacks to reduce pressure on dinner.

EIGHT

**Lesson:** Healthy desserts are tasty.

**Parents:** Serve healthy desserts (fruit!) to "fill in" gaps.

NINE

**Lesson:** Breakfast and lunch aren't free-for-alls.

**Parents:** Use the Rotation Rule at all meals and provide 1-2 choices when reasonable.

TEN

**Lesson:**

When you don't eat  
you get hungry.

&

Temporary hunger  
is nothing to fear  
and it's survivable.

**Parents, Remember:**

A few more bites won't  
stop your child from  
getting hungry.

&

The pressure dynamic to  
get more food into your  
child isn't worth the  
collateral damage.



Talk to your children.  
Don't assume they will  
learn these lessons  
on their own.

*Discuss changes  
before  
introducing them.*

Encourage children  
to share feelings.