



PRAIRIE MOUNTAIN HEALTH
SANTÉ PRAIRIE MOUNTAIN

Raise a Healthy Eater

October 2017 – Edition #5



CANDY AND HOLIDAYS

Fall is here and this means holidays such as Halloween and Christmas are just around the corner. These holidays have special traditions; sugary treats often become a “star” attraction for kids during this time.

Power struggles over candy are common between adults and kids. The trick is to teach kids how to manage their candy intake without being over-restricting or judgmental.

Kids need to learn to balance “treats” with healthy foods. When adults forbid or tightly control treats, it tends to have the opposite effect.

Tips

- Follow the Division of Responsibility. **Caregivers** decide **what, when, and where** to eat and the **child** decides **if and how much** to eat.
- Offer a small amount of candy with a meal.
- Occasionally, during a sit-down snack time, offer candy without a limit so children can learn to listen to their own appetite cues.
- Stick to the rules – when children are nagging, a simple “it’s not time for candy right now” works.

THE GOAL IS TO HAVE CHILDREN ENJOY AND PARTICIPATE IN HOLIDAYS.

Candy should be a part of it, but it doesn’t need to be the “star” of the show. We can help our kids develop a healthy relationship with food by keeping these tips in mind. We can also celebrate holidays with some non-food treats!

FUN NON-FOOD TREAT IDEAS

- playdough
- tattoos
- stickers
- glow sticks
- crayons
- pencils/erasers

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For more information on healthy eating for young children:

- *Dial-a-Dietitian* 1-877-830-2892
- <http://www.ellynsatterinstitute.org/>
- <http://www.caringforkids.cps.ca/>
- <http://www.gov.mb.ca/healthyliving/hlp/nutrition/children.html>