



Fun not Fuss with Food

Information Sheet for Health Professionals

What is *Fun not Fuss with Food*?

Fun not Fuss with Food was developed in 2000 by a multidisciplinary team of health professionals at the Gold Coast Health Service District.

It is a single session, two-and-a-half-hour workshop that covers nutrition for children and behavioural management strategies. Options for further support or assessment are provided as required.

The workshop aims to increase the capacity of parents with children aged 2–10 years in managing their child's problem eating and mealtime behaviours.



There is a range of resources to support health professionals (child health nurses, child psychologist/early intervention specialists, and nutritionists/dietitians) to deliver the workshop. These include a Facilitator's Manual, Facilitator's Guide (Video/DVD), and Parent Resources.

Why should we address problem eating behaviours in children?

Problem eating and mealtime behaviours are common in children. If these behaviours are not addressed, children are at risk of developing both short and long term health problems such as mild nutritional imbalances, constipation, iron deficiency anaemia, failure to thrive, and obesity.



Common problem eating and mealtime behaviours:

- gagging or vomiting
- difficulty with managing appropriate food textures
- spitting out of food
- refusal or inability to chew foods
- refusal or reluctance to try new foods
- refusal to come to or to stay seated at the table
- whining or crying
- playing with or throwing food
- fighting with siblings during mealtime

Fun not Fuss with Food provides an alternative to one-to-one consultations for both parents and health professionals and was designed to improve efficiency in the delivery of a service. The workshop supports a number of priority areas under the *Strategic Policy Framework for Children's and Young People's Health 2002–2007* and *Eat Well Queensland 2002-2012: Smart Eating for a Healthier State*.

What is covered in the workshop?

There are three sections to the workshop:

1. Nutrition for children covering the importance of good nutrition, safety, the parent-child feeding relationship, nutritional needs, and tips for dealing with food refusal.
2. Managing behaviours covering common mealtime problems, road to success, and a five-step action plan.
3. Community resources and where to go for further help.



**For further information contact:
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