

1.1 Introduction

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 can be provided as required.

Fun not Fuss with Food aims to improve problem eating and mealtime behaviours of children aged 2–10 years. The main objective of the workshop is to increase the capacity of parents to manage children’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 dietitians/nutritionists) to deliver the workshop. These include the *Fun not Fuss with Food* Facilitator’s Manual, *Fun not Fuss with Food* Facilitator’s Guide (Video/DVD) and Parent Resources.

The *Fun not Fuss with Food* workshop provides an alternative to one-to-one consultations for both parents and health professionals and supports a number of priority areas under Eat Well Queensland and the Strategic Policy Framework for Children’s and Young People’s Health 2002–2007.

It is highly desirable that the individual facilitating the behaviour management component of the workshop have Triple P (Positive Parenting Program) training, although this is not essential. However, it is advised that seeking out this training will increase facilitator’s confidence, skills and knowledge base when delivering this section.

If you would like further information on where to access Triple P training please contact the Child and Youth Health Unit, Queensland Health, Corporate Office. Phone: 3836 0961.

1.2 Aim, Objectives and Strategies

Aim		
To improve problem eating and mealtime behaviours of children aged 2 – 10 years		
Objective	Sub-Objectives	Strategies
To increase the capacity of parents to manage children's problem eating and mealtime behaviours	<ul style="list-style-type: none"> To increase access by parents to information and resources for managing children's problem eating and mealtime behaviours 	<ul style="list-style-type: none"> Market and promote <i>Fun not Fuss with Food</i> workshops Provide workshops at accessible venue and times for parents
	<ul style="list-style-type: none"> To increase parents knowledge of the key nutrition messages from the <i>Fun not Fuss with Food</i> workshop 	<ul style="list-style-type: none"> Facilitator to present Nutrition Section of the workshop Participant to record their child's nutritional requirements Participant to describe two strategies to promote healthy foods in their child's diet
	<ul style="list-style-type: none"> To increase parents knowledge of the key behaviour management strategies from the <i>Fun not Fuss with Food</i> workshop 	<ul style="list-style-type: none"> Facilitator to present Managing Behaviours Section of the workshop Participant to describe their child's problem eating and mealtime behaviours Participant to identify the origins of their child's problem and mealtime behaviours Participant to describe two behaviour management strategies for their child's problem and mealtime behaviours
	<ul style="list-style-type: none"> To decrease parents concern about their child's problem eating and mealtime behaviour 	<ul style="list-style-type: none"> Facilitator to initiate group discussion on common concerns, parent-child feeding relationship and tips for child-friendly meals
	<ul style="list-style-type: none"> To increase parents confidence in managing their child's problem eating and mealtime behaviour 	<ul style="list-style-type: none"> Facilitator to initiate group discussion on common behaviours and parental responses Participant to review take home messages
	<ul style="list-style-type: none"> To encourage 	<ul style="list-style-type: none"> Participant to identify

Aim		
To improve problem eating and mealtime behaviours of children aged 2 – 10 years		
Objective	Sub-Objectives	Strategies
	parents to trial new behaviour management strategies	strategies to trial at home <ul style="list-style-type: none"> • Facilitator to present Conclusion/Community Resources Section of the workshop • Participant to identify if they require further professional assistance

1.3 Workshop Overview

The *Fun not Fuss with Food* workshop contains three main sections:

Section 1 — Nutrition

Covers the nutritional component and can be facilitated by a dietitian/nutritionist or child health nurse. This section discusses the nutritional issues and nutritional requirements for the target population and includes:

- 1.1 Overview of nutrition section
- 1.2 Importance of nutrition
- 1.3 Safety
- 1.4 Oral skills
- 1.5 My child doesn't eat enough!
- 1.6 Parent-child feeding relationship
- 1.7 Tips for child-friendly meals
- 1.8 Daily nutritional needs for young children
- 1.9 Food refusal

Section 2 — Managing Behaviour

Covers the behavioural management component and is facilitated by a child health nurse or health professional who has experience with positive parenting programs. This section discusses behavioural management strategies related to common mealtime problems and includes:

- 2.1 Overview of managing behaviour section
- 2.2 Common mealtime problems
- 2.3 Why problems occur
- 2.4 How do you react?
- 2.5 Road to success
- 2.6 5 - step action plan
- 2.7 Step 1 – Set rules
- 2.8 Step 2 – Reward positive behaviour
- 2.9 Step 3 – Implement strategies for managing misbehaviour
- 2.10 Step 4 – Establish mealtime routine
- 2.11 Step 5 – Prepare you and your child

Section 3 — Conclusion/Community Resources

Covers a summary of the workshop and discusses relevant community resources for parents and children.

- 3.1 Summary of main content covered
- 3.2 Further help