

6.1 Facilitator's Guide

The *Fun not Fuss with Food* Facilitator's Guide has been designed to be used in conjunction with the *Fun not Fuss with Food* Facilitator's Manual. The guide is available in both video and DVD format.

The guide highlights the key learning opportunities that the multidisciplinary team at the Gold Coast Health Service District identified when facilitating *Fun not Fuss with Food* workshops on the Gold Coast from 2000. The guide aims to visually demonstrate the facilitation style that is essential for successfully achieving the aims of *Fun not Fuss with Food*.

Some Districts may not have access to a full multidisciplinary team, such as dietitians, child health nurses, child psychologists or speech pathologists. The guide provides insight from a range of health professionals as well as responding to frequently asked questions regarding children's problem eating and mealtime behaviours.

Facilitators will bring their own style and experiences to the groups that they facilitate. In addition, group participants will bring their own experiences and knowledge to the group. The guide models a participatory facilitation approach. This approach is effective for encouraging group participation and for meeting the needs of the individuals within the group.

The guide covers:

1. Introduction and background to *Fun not Fuss with Food* presented by Kim Fraser, Child Health Nurse
2. Speech pathology presented by Jane McFie, Speech Pathologist
3. Paediatric Nutrition presented by Lyza Norton, Paediatric Dietitian
4. Child Health presented by Kim Fraser, Child Health Nurse
5. Child Psychology presented by Jane Morgan, Child Psychologist
6. Conclusion presented by Kim Fraser, Child Health Nurse

6.2 Parent Resources

The *Fun not Fuss with Food* Parent Resource Kit contains a range of helpful handouts for parents that cover the main content areas of the *Fun not Fuss with Food* workshop. The first edition was prepared as part of a project sponsored by Queensland Health and the Golden Casket Funding Program and undertaken by Nutrition Australia (Queensland Division) Inc. and the Gold Coast Health Service District in 2002. The second edition was sponsored by the Golden Casket Funding Program in 2005 and undertaken by Southern Area Population Health Units, Queensland Health.

Fact sheets 1–6: Promoting healthy eating

Fact Sheet 1 - Importance of nutrition

Why is good nutrition important?

Food textures

Texture transition

Life beyond pureed food

Fact Sheet 2 - Is this normal?

My child won't eat lumpy foods!

Chewing tips for kids

Food safety

Fact Sheet 3 - My child doesn't eat enough!

Keeping a food diary

Snacks for kids

Drinks

Fact Sheet 4 - How much is enough?

Your child's nutritional needs

Suggested sample servings:

1–3 year old

4–7 year old

8–11 year old

Fact Sheet 5 - Child friendly meals

Tips for child-friendly meals

Food refusal/My child won't eat...

Fact Sheet 6 - Having fun with food

Nature and numbers

Physical activities

Games and activities

Fact sheets 7–10: Taking on the fussy eater

Fact Sheet 7 - Managing behaviour

What is an eating and mealtime behaviour problem?

How to set a goal

Fact Sheet 8 - Five-step plan to achieving your goals

Step 1 Set rules

Step 2 Reward positive behaviour

Your step-by-step guide to behaviour charts

Fact Sheet 9 - Five-step plan to achieving your goals

Step 3 Plans for managing misbehaviour

Step 4 The mealtime routine

Step 5 Prepare yourself and your child

Fact Sheet 10 - Frequently asked questions

Frequently asked questions

Where can I get help if I need it?

For more information

Cooking and recipes booklist

Children's booklist


Worksheets

Worksheet 1 - Food diary


Worksheet 2 - Colouring activity (for behaviour chart)


Dietary Guidelines for Children & Adolescents incorporating The Infant Feeding Guidelines for Health Workers. National Health and Medical Research Council and Commonwealth Department of Health and Aged Care. 2003. NHMRC: Canberra. (Cat. No. 0326099; cost \$20.00)

 <http://www.nhmrc.gov.au/publications/synopses/dietsyn.htm>

 132 447

Recommended Dietary Intakes for use in Australia. National Health and Medical Research Council. 1991. NHMRC: Canberra. (Cat. No. 9230948; cost \$11.35)

 <http://www.health.gov.au/nhmrc/publications/diet/n6index.htm>

 132 447

Useful websites

Children's Health Eating

http://www.cfc-efc.ca/docs/cccf/rs054_en.htm

Reference Books/Articles

Satter, E. *Child of Mine: Feeding with Love and Good Sense.* Bull Publishing Company

Worthington-Roberts, B. & Rodwell-Williams, S. *Nutrition Through-out the Life Cycle.* McGraw-Hill

Lair, C. *Paving the Path to Good Eating Habits.*

Samalin, N. & Whitney, C. (Jan 98). No More Food Fights. *Parents.* Vol. 73, Issue 1, 58-60.

Every Parent: A Positive Guide to Children's Behaviour. Addison-Wesley.

O'Connell, J, Cummings, R. & Ralston, G. (2003). *Eat right, don't fight.* Transworld Publishers.

O'Dea, J. (2005). *Positive foods for kids.* Transworld Publishers.

Children's Reading Books

Child, Lauren. (2000). *I will not ever never eat a tomato.* Orchard Books.

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Gray, Kes (2001). *Eat your peas.* Random House Children's Books.

6.4 Reference List

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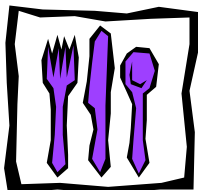
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6.5 Journal Article



A research study was conducted in 2002 that aimed to evaluate the effectiveness of the Fun not Fuss with Food group program. This quasi-experimental research study utilised a time series design incorporating data collection twice before and twice following the group program. Results identified that parents who attended the group program reported significant improvements in their child's problem eating and mealtime behaviours and reported reductions in parental concerns regarding their child's problem eating and mealtime behaviours. The findings support the use of this early intervention, group education program as a strategy for parents with children who have problem eating and mealtime behaviours.

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