

Questions to Pose

Three Key Questions to Pose

1. What is one thing you like about your child's eating or behavior at mealtimes?
2. What is one thing you don't like about your child's eating or behavior at mealtimes?
3. What were mealtimes like for you as a child?

Additional Questions That Might Be Helpful

1. What were some things from your own mealtime experience as a child you'd like your child to experience?
2. What were some things from your own mealtime experience as a child you would not like your child to experience?
3. Do you wish you had more power as a parent?
4. If we could offer you the following three things, which would be most interest to you?
 - a. Help your child be a more capable eater?
 - b. Help you have and use power in a way that helps you deal with your child's mealtime behavior?
 - c. Help your child to be better equipped to thrive in life?