

INVOLVING FATHERS IN MEALTIMES

Background Information

- Men are engaged in mealtimes and have an impact on child feeding
 - Fathers have an important role during mealtimes
- Controlling feeding practices such as bribes and threats lead to negative nutritional, weight status and overall health for children
- Avoid using food-based bribes to get children to eat specific foods
- Men's roles during mealtime vary culturally

How to Get Involved

- Parents should communicate and have common goals for mealtimes
 - Strategies to reach goals for mealtimes should be consistently implemented
- Engage in food prep with children and extended conversations about food
- Be present during mealtimes

