

## Parents' Help Line

### Problem-Solving Scenarios

<p>I try to serve my child fruit or veggies for a snack, but he just wants to eat chips and cookies, like I do. How can I get him interested in healthy food?</p>	<p>My children often want to snack between meals. I believe that it will spoil their appetites for the three meals that I serve them. What do you think?</p>
<p>There are so many foods my son doesn't like. He will eat only mashed potatoes and hot dogs. I'm getting bored with serving this all the time. How can I get him to eat other things?</p>	<p>When I was small, the kids always ate dinner early and our parents ate later, just the two of them, so they could talk without being interrupted. Do you think this is a good idea?</p>
<p>My 18-month-old <i>loves</i> to stick his hands into his food and play with it. How soon should I teach him table manners?</p>	<p>My daughter makes a big fuss whenever we sit down to eat. She doesn't want to eat the food and cries when I force it into her. Help!</p>
<p>My 3-year-old twins want to help me do everything! I'm worried that they might get hurt or get all messy if I let them help me with the cooking. Do you have any ideas for things they could do to help in the kitchen?</p>	<p>My child eats like a bird. I'm worried that she's not getting enough to eat. How will I know?</p>