

Sometimes foods and kids

This is a transcript of the Raising Children Network video available at http://raisingchildren.net.au/articles/junk_food_video.html. Parents share strategies for making a healthy diet part of everyday life.

Jennifer [*mother of Olivia and Ava*]: With children you've got to lay down a foundation early for their eating. I think if you allow them to have, you know, junk food and McDonald's or whatever at a young age, it's very easy to fall into that trap.

Rebekka [*to Samson*]: The sausage or the little lamb chops, what would you like?

Rebekka [*mother of Samson*]: What we've been really surprised by is how quickly he's figured out what's not healthy and immediately goes for it. It's like an inbuilt little thing.

Grace [*mother of Zoe and Aiden*]: They want McDonald's or they want KFC or, you know, what all the other children in the shopping centre are eating.

Peter [*father of three*]: The five basic food groups as I remember them: McDonald's, Kentucky Fried, Burger King, Hungry Jacks and I can't remember the other.

Tahlia [*mother of Mitchell and Mikayla*]: If we keep it sort of a bare minimum at home it's ok when they go out to other people's houses or if we go out for the day they are allowed...

Jennifer: Well, a) we don't keep soft drink in the house, so they are not tempted. And I think that's the key anyway. Anything you don't want your child to have, don't have in the house.

Russell [*father of two*]: My son had a wonderful Halloween, he had a great experience. He knocked on a door and he got some, he got some celery sticks, he got magic radishes from another door, he got sugar snaps from somebody else, he got sultanas from somebody else, and so he was having a ball, he thought it was the greatest thing, you know, to ever come about. But people who've grown up with a different thing of what this Halloween thing is about and it's all about indulgence and it's all about sugar, it's all about candy and, and chocolate. They were saying, you know, that we're ruining the kid's life [*laughs*], but the reality is the exact opposite.

Heather [*mother of Declan and Angus*]: Believe it or not, my children do enjoy mineral water, just plain mineral water with bubbles in it. So for them that's a bubble drink. It feels a bit, you know, fizzy and exciting, but you know, it's water.

Deborah: Ice-cream!

Child: Yay!

Deborah [*mother of Tara and Charlotte*]: I think the key to it is not labelling it as if you eat your good food you can have your bad food and, um, making sure they know that it can be part of their diet, but it's not the main part of their diet.

Gavin [*father of five*]: I try not to, um, burn the food because apparently there has been some study that, ah, charcoal can cause some type of cancer in some people, so quite often I try not to burn the food. It's better to be on the safe side.

Kathy [*mother of Ethan and Thomas*]: I think as long as you're offering them healthy food and you're making sure they are getting what they need as far as nutrition goes, anything else that they have can't do that much harm I don't think. I know that Ethan has had cakes and chocolate at daycare, but that's not a common occurrence at home so I'm fine with it.
