

# Children's eating habits need understanding

NEWARK, Del. - Good nutrition is a must for children's healthy growth and development, says Delaware Extension Family living agent Debbie Walker. Many parents are aware of this fact and plan balanced, nutritionally sound meals every day. But in too many homes, encouraging the toddlers and preschoolers to eat is a big problem that turns mealtime into a time of stress instead of a time of family relaxation.

Parents should create a relaxed and flexible attitude towards mealtime and

eating to eliminate troublesome feeding problems of the young. Many toddlers and preschoolers eat only small amounts of foods. That's because their rapid growth from birth to a year has slowed down and their need for food has also. Parents should also know that the more active a child is, the more he or she is likely to eat, so appetites will vary. It's best to start out with small portions on a child's plate, then if the child wants more, he can have it; if not, there is no waste. If there is any doubt as to

how much to feed the child, the general rule is to feed the child one tablespoonful of each food included in the meal for each year of his age. Therefore a three-year-old would need three tablespoonsful of each course of a meal. One should keep in mind that the child may need more or less due to his activities.

Choosing the correct foods is extremely important in encouraging the small child to eat. Of course, there are many outside influences that may encourage children to want other foods, but

parental examples shape attitudes most.

Young children have a much known dislike for vegetables. To combat this problem, a parent should try serving raw vegetables as finger foods as opposed to cooked vegetables. Fresh or canned fruits could serve as substitutes for some vegetables. Dried fruits could be added to the diet of the young child also. They are good sources of vitamins, easy to handle, and they're sweet so they can be used as a candy substitute.

Meats pose a problem for some children because they need much chewing in order to be digested. If this is a problem, one can try cutting the meat in several small pieces. Parents should also remember that there are excellent meat substitutes such as eggs, cheese, and even peanut butter that many children prefer.

Since it is not how much a child eats, but what he eats that's important, homemade soups made with meats, vegetables and milk are good additions to the diet. Seasonings must be kept to a minimum to avoid overwhelming the child.

Mealtimes should not be too stringent. Sticking to 8 a.m. breakfast, 12 p.m.

lunch and 6 p.m. dinner may be convenient for you, but one must consider the effects this has on the small child. The child may not be fully awake and ready to eat at 8 a.m., or he may be too sleepy to be hungry by 6 p.m. dinnertime. Therefore, meals should be flexible, Ms Walker stresses.

Finally, positive behavior modification should be used to shape eating habits. One can offer rewards for desired behavior, such as favored toys, or for older children, perhaps an activity for a later date.

At any rate, a parent should plan sound balanced meals, and try to make mealtimes as pleasant and relaxed as possible.



## On being a farm wife

—And other hazards

By JOYCE BUPP

Valentine's Day held no illusions for me.

As a member of families where the men do not lean toward flowery sentimentality, I long ago learned not to expect anything.

No satin-ribbed heart-shaped boxes of chocolates, nor bouquets of red roses, nor candlelight dinners would be forthcoming for this farm wife.

Please don't misunderstand. It's better that way.

Neither my complexion nor my hips have further

need of chocolate. Roses I love most when they're glistening on the bush under the dew of an early June day. And a candlelight dinner here would undoubtedly result in two youngsters squabbling over who would get to blow out the candle.

Confirmation of their love comes from my family in more subtle ways.

It comes when they seek my companionship on cow-shopping jaunts, when they crawl into my lap with a storybook to be read, or when I get on the receiving end of a confidence that

## Workshop planned

WEST CHESTER - To celebrate the "International Year of the Child" the Chester County Extension Service in cooperation with the Chester County Libraries will be holding a free workshop entitled "Safety As It Affects the Child in His Environment," at five different locations throughout the year.

On Wednesday, March 7, 1979 from 10:00 to 11:30 a.m.

begins, "Guess what happened at school today, Mom!"

Unusual ways of showing affection seem to have taken firm roots in this household's younger generation.

That was confirmed a few days ago when our 6-yr.-old son honored me with a slurpy kiss, a warm hug and this bit of recitation:

"Roses are red, violets are blue, how did I manage to get stuck with you?"

Tough break, eh kid? Hope you all had a happy Valentine's Day!

at the Malvern Library, the workshop will include information for adults and parents regarding child toy safety, home safety, food safety and children and poisons.

To register, call 215-696-3500 by March 1, 1979.

The next workshop will be held April 4 from 10:30 to noon at the Easttown Library.



**RESTORE YOUR ANTIQUES!**  
**FURNITURE REFINISHING AND RECANING**  
**JOYCE & JERRY RINTZ**  
 8 N. Lime St.  
 Quarryville, Pa. 17566  
 717-786-2367

**POWER KING TRACTOR**

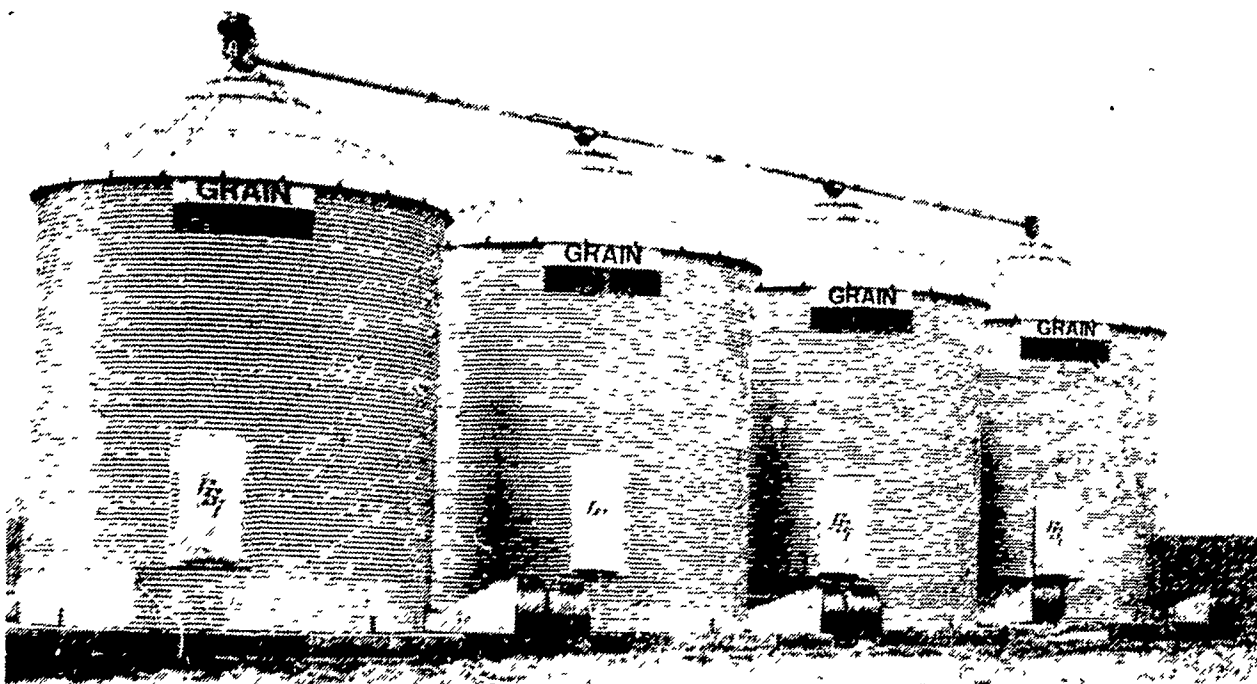
Breeze thru your work! Power King's all-gear drive delivers nearly 100% of horsepower to the wheels. Available with 12, 14 and 18 hp engine and up to 19" cultivating clearance. Handles 4 and 5 mowers, 12 plow, 32" tiller, 42" and 48" snowblowers, 4' dozer, 1/2 ton loader, 6 backhoe, log splitter, other attachments. American built since 1946. Get our down-to-earth price.

**DAVID H. HAGAN**  
 Harkins & Carea Rd., Norrisville, MD  
 Just below Stewartstown, PA  
 301-692-6902

# THE SYSTEMS PEOPLE

## A GSI ON-FARM STORAGE SYSTEM

THE MOST VERSATILE GRAIN DRYING, CONVEYING & STORAGE



### FEATURING:

- All galvanized steel with G-90 galvanized coating, including galvanized doors.
- Our steel is A446 Quality or a minimum yield of 40,000 pounds per square inch.
- Walk around steps on top of roof.
- Equipped with safety rings.
- No welding anywhere on roof, prevents rust.
- Slotted holes to raise & lower roof for air movement for drying.

GSI has the system to meet your demands. An on-farm storage system that lets you harvest when you're ready and sell when the price is right. From one bin to an entire system, GSI bins are priced right!

GSI manufactures farm bins up to 60 ft. diameters with capacities to 157,000 bushels. Sturdy construction for maximum grain protection, with important safety features. Easy field assembly.

To complete the system, GSI offers an entire drying package and a full line of grain handling equipment to match your needs. GSI on-farm storage system .. the profitable solution.

# EMHERR

**EQUIPMENT, INC.**

RD3, Sprecher Road  
 Willow Street, PA  
 Lancaster Co  
 717-464-3321

WE SELL,  
 SERVICE,  
 AND INSTALL  
 FULL LINE PARTS  
 DEPARTMENT