



Have You Heard?

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Ease Your Control on Youngsters Eating

Dietitians have discovered that the way we feed our children may be contributing to eating disorders. The pattern of forcing children to eat and finish food in spite of their desires leads to conflict, stress and abnormal eating habits.

When parents insist children eat, children will comply reluctantly or refuse. Mealtime diffi-

culties -- complaining, pleading, threatening, yelling and crying -- can indicate a serious power struggle between parent and child.

What causes this power struggle? The primary issue is children's need to feel they have control over their bodies.

Although children have all the internal cues of hunger and fullness, pleasure and repulsion, parents often ignore or override these feelings. Examples of this behavior are a mother forcing her infant all the formula in the bottle

to keep him or her from crying and a father giving huge portions to his child and insisting they be eaten, because he himself was poor as a child.

Not all cultures share this pattern or have our range of eating disorders. In South Pacific Island cultures, parents allow children to choose the amounts they will eat, since the variety is limited. Conversely, Euro-American parents tend to offer huge varieties in order to encourage their children to eat more.

How can this pattern of food control be changed? Specialists on feeding behavior problems suggest this advice: "Parents are responsible for what food is presented and the manner in which it is presented. Children are responsible for how much and whether they eat."

They recommend that these divisions of responsibilities be set in infancy so that children are never out of touch with their internal cues. What parents can do is control the eating environment -- the food offerings and the dining place and time. By sharing respon-

sibilities, parents can balance overprotection and permissiveness, just as they should in the other areas of interaction.

If the child refuses to eat, allow the child to refuse. However, set up limits on behavior, such as food throwing, and consequences for refusal, such as no food until snack time. This way the parent is victimized and the child still has the power of choice.

This approach of setting up limits and consequences is supported by child psychologists, who recommend that all areas of child raising be given this type of structure. The benefits of making these behavior changes include not only happier mealtimes but also less chance that children will develop chronic eating disorders such as obesity, bulimia and anorexia nervosa.

Corn-Based Degradable Diapers In Demand

Bunnies, distributed by American Enviro Products, Placentia, California are the latest corn-based degradable plastic diapers to cover America's baby bottoms.

Stores haven't been able to keep them on the shelves since they first appeared in July of this year. "American Enviro Products asked us to keep these diapers at a low profile this summer because they wanted to introduce Bunnies in strategic markets and be able to keep up with demand," says NCGA's Plastics Assistant Mike Erker.

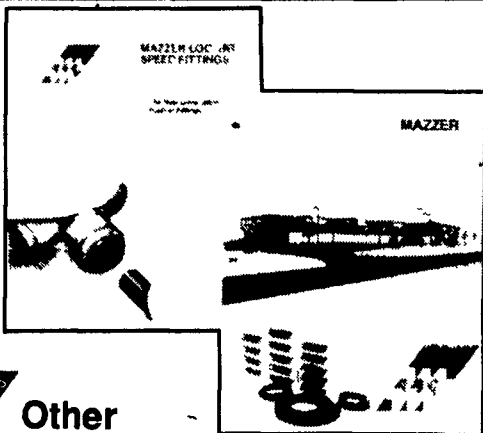
By the end of the year, Bob Chickering, president of American Enviro Product estimates the 8-month-old privately held company will have sold 65 million to 75 million diapers.

As highlighted in the May issue

of *National Corn Grower* some 16 billion disposable diapers are used in the United States each year. Once they are thrown away they take 200 to 400 years to degrade compared with Bunnies which break down in as little as 3 to 5 years. While diapers only account for 1 to 2 percent of total landfill volume in the U.S., landfills will be filled in five to six years regardless of the contributing percentages.

Bunnies, which come in small, medium and large, are priced competitively with other brands at \$9.99 for 32 to 60 diapers depending on the size. The diapers are currently sold in Target, Walmart, Longs Drugs, Von's, found in California and Nevada, and some east coast chains.

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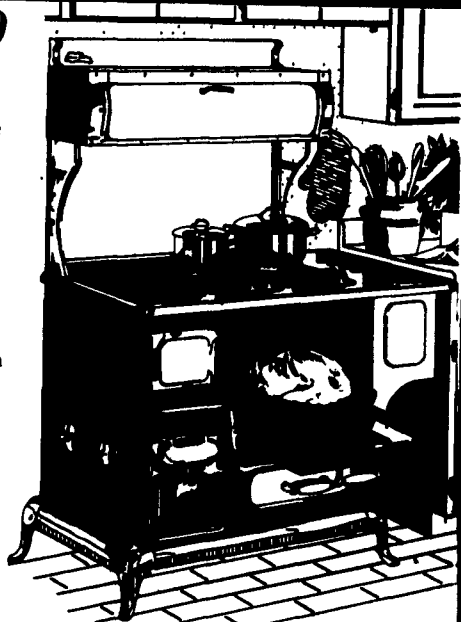
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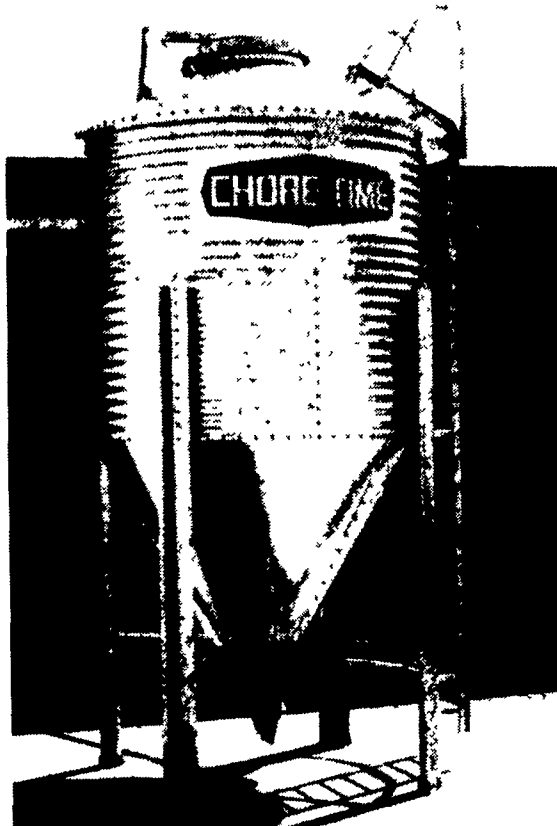
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