



88%

of parents who attended
Five Keys to Raising Healthy,
Happy Eaters classes
made one or more positive
changes at home.

Training our partner organizations
in best practices in child feeding
ensures parents receive consistent
information and guidance.

PARTNERS

- Public Health Department,
- Santa Clara Valley Health and Hospital System
- Choices For Children
- Pediatric Health Care and Referral Providers
- Pediatric Healthy Lifestyle Center
- Community Based Organizations
- Childcare Programs

FUNDERS

- The Health Trust
- Kaiser Permanente, San Jose
- Kaiser Permanente, Santa Clara
- FIRST 5 of Santa Clara County
- Valley Health Plan
- Steps for a Healthier Santa Clara County

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Childhood Feeding Collaborative



CONSISTENCY :
key to preventive care

EATING is a skill

Preventing obesity and feeding-related health problems begins in early childhood—before age five.

After a pediatrician discovered that two-year-old “Ana” was severely anemic, she was admitted to the Santa Clara Valley Health and Hospital System emergency department. Ana’s mother described her overweight daughter’s daily diet: 64 ounces of milk plus ice cream and candies. She refused all other food. Ana was anemic and overweight because of parenting missteps. Her parents had not initiated the transition from a milk-based diet to solid food.

THE FIVE KEYS CLASSES

Parents and caregivers are role models as their children develop eating habits. Picky eating, constant grazing, tantrums, overeating and refusal to eat are common mealtime struggles. But when feeding issues aren’t addressed, they can turn into dangerous health problems.

Much like reciting the alphabet or playing a game, eating is a skill that parents can teach their children. A parent’s approach is central to a child’s early feeding experience. Getting information to parents is an important first step toward preventing childhood obesity and feeding-related health issues.

Based on Ellyn Satter’s *Division of Responsibility in Feeding*, the Childhood Feeding Collaborative developed the “Five Keys to Raising Healthy, Happy Eaters” class. Parents who attend learn to provide the structure and support within which children are able to make healthy choices.

PARENTING is critical



PEDIATRICIANS LEAD PREVENTIVE CARE

The Childhood Feeding Collaborative is committed to providing information and training in best feeding practices to pediatric health-care providers and to government programs and community-based organizations that support children’s health.

Pediatricians are parents’ primary source of health information—and pediatricians who are trained in best feeding practices can effectively guide parents in mitigating feeding-related health problems. By collaborating with all of our partners, we help parents create the best possible feeding experience for their children. And our efforts have lasting effects.

With more than 30 partner organizations, the Childhood Feeding Collaborative addresses the county’s problems of obesity and poor eating among children by improving parenting skills around feeding. We work together to ensure that parents receive the consistent information and guidance they need to raise healthy children.

Parents are responsible for food—what, where, and when it is served. Children are responsible for eating—what and how much.

“We now sit and eat our meals as a family.”

HELP is here

The Five Keys class helped Yadeel Lopez. Her daughter was a picky eater—or so she thought.

She enrolled, hoping to make her daughter’s feeding experience more pleasant. “At the end of the class, I realized I was serving too much food and expecting her to finish everything on her plate,” she said.

Now Yadeel places what she’s serving on the table and lets her daughter pick what and how much she wants to eat. “I see that my daughter is now more motivated to eat.”

