

## What's New With APrON?

**Complete your surveys online!** As of October 1st, 2013 everyone is being given the option to complete their APrON surveys online. An APrON representative will be in touch with you about this new and exciting opportunity before your next set of questionnaires is sent.

## Tips & Tidbits - Picky Eating

Having mealtime struggles? Can't get your little one to try new foods? Picky eating is very common, especially among toddlers. One of the best things you can do as a parent is to make sure you and your child are sticking to your roles during meals. Parents decide the *what*, *when* and *where* of feeding and children do the *whether* and *how much* of eating. Remember, some children may take 10-15 exposures to a new food before they will try it. Do your best to be patient.



### Some other common tips to help with picky eaters are:

- Offer new or previously rejected foods in a different form (cut in a different way, mixed in a sauce, etc.) or with a food that your child already likes.
- Involve your child in meal preparation - your child may be more likely to try a food if they have helped prepare it.
- Make mealtimes more relaxed— do not force your child to eat, stay positive and turn off common distractions such as the TV and radio.
- Eat as a family - model the behaviour and eating habits you would like to see in your child. Try to offer food the rest of the family is enjoying and avoid making separate meals to suit your child's preferences.

### For more information on picky eating, visit the following websites:

- The Ellyn Satter Institute <http://www.ellynsatterinstitute.org/>
- Healthy Eating, Active Living 1-4 years <http://healthyalberta.com/428.htm>
- Free AHS Picky Eating classes offered in Calgary <http://www.birthandbabies.com/registration>

**Happy New Year!**

The APrON Team would like to wish all APrON families a Happy New Year. All the best in 2014!



## Be My Valentine

Is there something special that you like to do for your loved ones on Valentines Day? Perhaps the kids have a favorite cookie recipe. Maybe you and your significant other like to dine at a special restaurant in town? Whether it's a treat or tradition, we'd love for you to share your ideas with your fellow "APrONers"! For every recipe or story you post on APrON's Facebook or Twitter account, your name will automatically be entered to win a draw prize. All posts must be made by **February 15th, 2014** to qualify for the draw. Find us on Facebook by searching "Alberta pregnancy". To follow us on Twitter, search "@APrON research".

Looking for new recipes? Visit the Healthy U website at [www.healthyalberta.com](http://www.healthyalberta.com).



## Send Us Your Feedback!

If you have any comments or questions about the *APrON Leaflet*, we want to hear them! We would also like to hear your ideas for future newsletters. For anything "Leaflet-related", please contact Anne Gilbert at [agilbert@ualberta.ca](mailto:agilbert@ualberta.ca). We truly value your feedback!

## Keep In Touch - Help Keep Our Files Up to Date

Staying in touch with our participants is a key part of our work. When we lose touch with people we lose some of our ability to answer important health questions. If you have been displaced by the flood, have moved, changed your phone number or have a new email address, please take a moment to let us know of these changes. Keep in mind that we can send you surveys and keep you up-to-date with the *APrON Leaflet* no matter where you live, even if you are outside of Alberta or Canada.

**Please note:** For administration reasons, all surveys are now being followed through our Calgary office. Please contact us if you have any questions.



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