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advice

weighty matters

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Susan Satz cringed at Thanksgiving when her daughter, Amanda Marx, barely touched her turkey but reached for more stuffing and mashed potatoes.

Satz, a tax accountant from Bayville, says she's

At holiday time, kids face their own challenges when it comes to eating right

says Donna Fish, a Manhattan psychotherapist and author of "Take the Fight Out of Food: How to Prevent and Solve Your Child's Eating Problems (Atria, \$14). "If you don't help them do this themselves, then they won't know how to eat when they are at other kids' houses or when they grow older," she says.

Encouraging healthy habits

Sometimes kids get stuck in eating mode, not recognizing that they're full and continuing to ask for more food, Fish says. Instead of arguing with them, she recommends parents help them "shift gears" by inviting them to take a walk, get out of the house or play a game. "Get out of a fight by saying they can always have more after that activity," she says.

One of the most important things parents can do is to practice what they preach, modeling the good eating habits and physical activity they want to see in their children, experts agree.

"What I tell parents first and foremost is to get their own stuff together about food and what and how you feel about

in sugars, fats and salt.)

But it's also important for parents to teach their kids how to take care of their own bodies.