



Watching TV while eating

Is your household making a habit of “eating and screening”? The combination of mealtime and social media scrolling, or television may lead to greater consumption of food. Recent research shows kids eat more high-fat and high-sugar foods when distracted by technology. Not to mention, fueling while multitasking can make it challenging to tune into bodily cues, such as feelings of fullness. Check out these easy tips to be more [mindfully](#) present at mealtimes:

Fuel with the Family

- [Family meals](#) go beyond simply the food on the table. It’s a time to connect, learn, and model good eating behaviors. Talk about school, weekend activities, and more, to stay in tuned with your children. It’s also a great opportunity to set good example to help instill healthy habits that will last a lifetime. Get our latest book in English and Spanish on [feeding kids and family meal tips!](#)

Take it to the Kitchen

- Eating outside the kitchen can be distracting to the mind. Avoid associating activities such as watching TV or scrolling on your phone with eating. Instead, bring mealtime back to the [kitchen](#) and away from the sofa! It will allow the mind to focus on its satiety and feelings of fullness, rather than a screen.

Plan It Out

- While you may not be able to eat as a family EVERY day, it’s beneficial to have a [weekly plan](#). Make a small yet achievable goal to increase family dinners per week.

For more ways to minimize screen time within the home, don’t forget to check out our [tips!](#)

Parent Power Tips from the SuperKids Nutrition Founder

Keep your child’s smile bright with good nutrition. Too much sugar or simple carbs (think potato chips) can create a bacteria thriving environment in your kiddo’s mouth. Check out these helpful tips to improve your child’s oral health.

Reduce the Time of Contact

- The longer foods or beverages stay in contact with your child’s teeth, the more time bacteria have to grow. Get your children in the habit of brushing their teeth for 3 minutes each morning and night. Floss together occasionally to check on their flossing skills. It will remove the residue from the surface of their teeth and keep that smile pearly white! Practice these [dental tips](#).

Limit the source

- Limit juice drinking to 4-6 oz per day. Drink milk or juice with meals. Sugar can come in a variety of forms. Limit the [sugar-sweetened foods](#). Check out the link for more ways to cut down sugar-sweetened foods.

Caring for teeth

- In addition to eating for healthy teeth and gums, how we clean them essential. Start caring for teeth as early as possible. Don’t wait until the growth of permanent teeth. It may be too late to maintain a healthy oral environment then. Get regular dental visits.



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